DOCUMENT RESUME

ED 206 941 CG 015 043

TITLE	You and Me and Human Sexuality: A Student Booklet Written for Deaf Adolescents.
INSTITUTION	Texas School for the Deaf, Austin.
SPONS AGENCY	Office of Education (DHEW), Washington, D.C.
PUB DATE	80
NOTE	117p.; For related document, see CG 015 042.
AVAILABLE FROM	Texas School for the Deaf, 1102 South Congress Avenue, Austin, TX 78704 ($6.50).
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	Adolescent Development; *Adolescents; Anatomy; Audiovisual Aids; *Contraception; *Deafness; Interpersonal Relationship; *Physical Development; Resource Materials; Secondary Education; *Sex Education; *Sexuality

ABSTRACT

This student booklet, designed to teach deaf adolescents about human sexuality, is written for students with a second- to fourth-grade reading level. Topics include: (1) relationships; (2) adolescent growth and development; (3) female and male anatomy; (4) conception, fetal development, and birth; (5) contraception; and (6) sexual intercourse and responsibilities. A section of questions and answers relating to the topics is also provided. This student booklet is useful as an individual text for classroom instruction and as a resource for a school library. (RC)

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You and Me and Human Sexuality: A Student Booklet Written for Deaf Adolescents

Texas School for the Deaf

Austin, Texas

Virgil E. Flathouse, Ph.D., Superintendent

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*Summer Workshop, 1978, funded by PL 89-313 Title I funds. The activity which is the subject of this report was supported in whole or in part by the U.S. Office of Education, Department of Health, Education and Welfare. However, the opinions expressed herein do not necessarily reflect the position or policy of the U.S. Office of Education, and no official endorsement by the U.S. Office of Education should be inferred.

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ACKNOWLEDGEMENTS

This manual is a product of the time, ideas, and efforts of numerous individuals. Had it not been for the cooperative spirit that prevailed, this task would have been insurmountable. The Middle School students in particular exemplified this cooperation, and their participation and insightful feedback was especially appreciated, for it was for them and others like them that this project was conceived. The framework for their involvement was provided by Mrs. Claire Bugen, Middle School Instructional Supervisor, and the Middle School staff, whose leadership and willingness to grow in the area of human sexuality warrants special distinction.

Mr. Steve Schott, Consultant for Planned Parenthood, merits special recognition for his advisement and technical assistance during the summer workshop and for his general support and encouragement throughout this project.

The Media Center staff deserves a warm note of thanks for their expertise in graphic art, lettering and photography, and for their cooperative and professional attitudes. The staff members are Kay Ming, Betty Kirksey, Mary Polk, and Jim Huckabee.

Joe LeGrand was the original artist for this project and created most of the graphics. Rebecca Robison, Laure West, and Darlene Qualls also contributed their artistic skills.

The manuscript underwent several revisions and gratitude is expressed to Laure West, Ellen Levi and Leslie Myers for their typing skills. Also,

appreciation is expressed to Kathie Bigley, Ellen Levi, Claire Bugen and Dr. Flathouse for their proofreading and editorial skills.

In order to give a broader insight regarding the strengths and weaknesses of this document, several field test readers were selected. Their tasks were to read and respond to descriptive statements at the end of each chapter. A five point rating scale was used and comments were quantified and summed by each question, thus providing a profile which identified the areas requiring revision. In some cases, reviewers were able to utilize the materials with their students which also provided additional insight. A special thanks is given to the following field test readers for their contributions:

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The work of many is reflected in the following pages; it is with heartfelt appreciation to them that this material is presented.

Gerald Pollard, Ph.D.
Project Director/ Director of Communication Center

INTRODUCTION (BEGINNING THOUGHTS)

This book is written for deaf adolescents (young boys and girls). It is easy to read and has many pictures. It also has some signs for sex words.

It is very important for young boys and girls to know about sex and their bodies. Many children are confused about sex. They learn some wrong ideas from friends, sex words, sex jokes, t.v., movies, books, and magazines. Parents may not explain sex clearly. It is difficult for many parents to talk about sex with their children. Learning about sex and your body helps you grow up to become a responsible person.

This book will help you learn about sex, your body, and yourself. It will help you understand relationships (friendship and love) you have with other people.

CHAPTER 1

PEOPLE, FRIENDSHIP AND LOVE

PEOPLE, FRIENDSHIP AND LOVE

Many thoughts and feelings change when people grow up. Boys like to have boyfriends and girlfriends. Girls like to have girlfriends and boyfriends. Everyone is different. That is O.K. When boys and girls grow up, they will have many different kinds of friendship.

FRIENDSHIPS

Acquaintances.

When a person first meets another person, they know each other a little. They do not see each other very often. This means they are acquainted. Anyone can be acquainted: boys and boys, girls and girls, and girls and boys.

People who are acquainted talk to each other sometimes. "Hi, how are you? My name is_____. What is your name?" They may shake hands or touch. They do not share much time together. Some of these people might be class friends, school friends, teachers, or other adults, or

many people you know just a little.

FRIENDS.

A friend is someone you like. It is fun to share time and experiences with a friend. You can be a friend with a boy, a girl, a man, or a woman. Many friends enjoy talking with each other and sharing secrets. They may be interested in the same things like drawing, playing tennis, riding bicycles, or going to the movies. They may shake hands, hug or kiss each other. Friends can help each other and make each other feel good. It is important to have friends. A neighbor, a teacher, a classmate, an adult, or a baby could be a friend. The age is not important.

VERY CLOSE FRIENDS.

A close friend is a very special person to you. This friend is a person you like very much. You may stay together many hours talking about many things, touching, laughing, crying, and sharing many experiences. A very close friend could be someone from school, a club, your church, or your neighborhood. You could have one close friend or many close friends. A girl, boy, man, or woman could be a very close friend. Adolescents, (young girls and boys) usually choose very close friends who are about their same age.

Sometimes very close boy and girl friends begin to date. Dating is sharing time with one person. On a date, you can go to a restaurant,

to the movies, to a party, or many other places. By dating, people begin to know each other better and become closer friends. People who date might hug or kiss to show how much they care about each other.

DATING

Steady dating (sweethearts).

Steady dating happens when a girl and boy want to only date each other. They do not want to date other people. They may see each other all of the time (a few days, weeks, or many years). The two people decide how long they wish to "go steady" (keep on dating only each other). In the future, they may decide to marry, "break up" (stop dating each other), become friends, or date other people.

People who are steady dates (sweethearts or "going together") usually like each other more than a friend. They may be "in love." They usually enjoy touching, hugging, and kissing each other.

LOVE RELATIONSHIPS

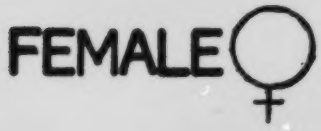
There are many different kinds of love. Love is a strong feeling for another person. Both people enjoy each other and want to be together. It is important to be honest with the person you love. People who are

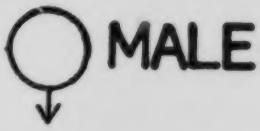
KISSING

"in love" respect each other. They are proud of each other. They try to solve (finish) differences or problems they may have.

Many young people are confused about "falling in love." Real love is much sharing, respect, and touching. People can love friends, cousins, parents, and others.

Some sweethearts may touch each other's bodies (on the breasts or sex organs). This is called petting. Petting makes a person feel sexually excited.





ADULT LOVE

Adult love is very much caring and love between two grown up people (a man and a woman). Usually there is lots of sharing and caring for a long time. There might be touching, hugging, kissing and sexual intercourse. The two people could be married or just living together.

Engagement is a promise to marry in the future. The man and woman have time to learn more about each other before they marry. They can decide how to have a happy marriage.

Marriage is a promise made with a judge or a preacher watching. The man and woman must get a blood test and a license before they are married. They promise to live together, love each other, and take care of each other. They may have the same interests, same attitudes, and like the same things.

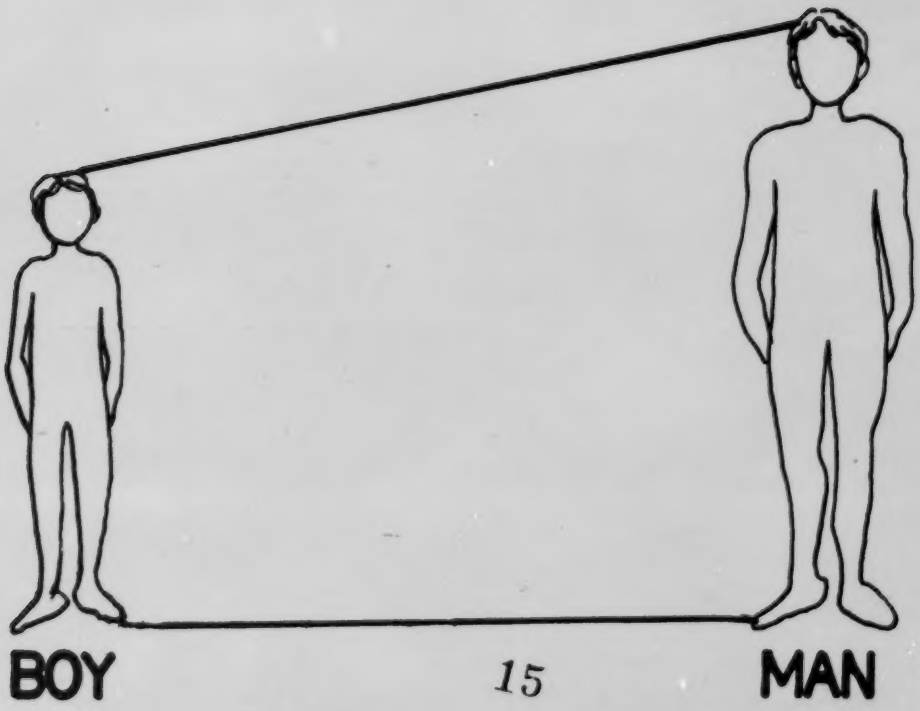
FAMILY LOVE.

Family love is caring for parents, brothers, sisters, grandparents, aunts, uncles, cousins, step-mothers or step-fathers, and others in your family. Love may be shown by playing with, taking care of, hugging, touching, kissing the people in your family. A loving family can feel very nice. It is a special (different) kind of love.

HOMOSEXUALITY.

Sometimes, two people of the same sex (a man and a man or a woman and a woman) have a sexual relationship. This is called homosexuality. Two homosexual women are called lesbians or gays. Two homosexual men are called gays. Sometimes people choose to care for or live with a person who is the same sex. Sometimes they may be homosexuals; sometimes they may not be homosexuals. Some people think being gay is wrong. Other people believe it is O.K. People decide for themselves what kind of person they want to love.

CHAPTER II
ADOLESCENT GROWTH AND DEVELOPMENT



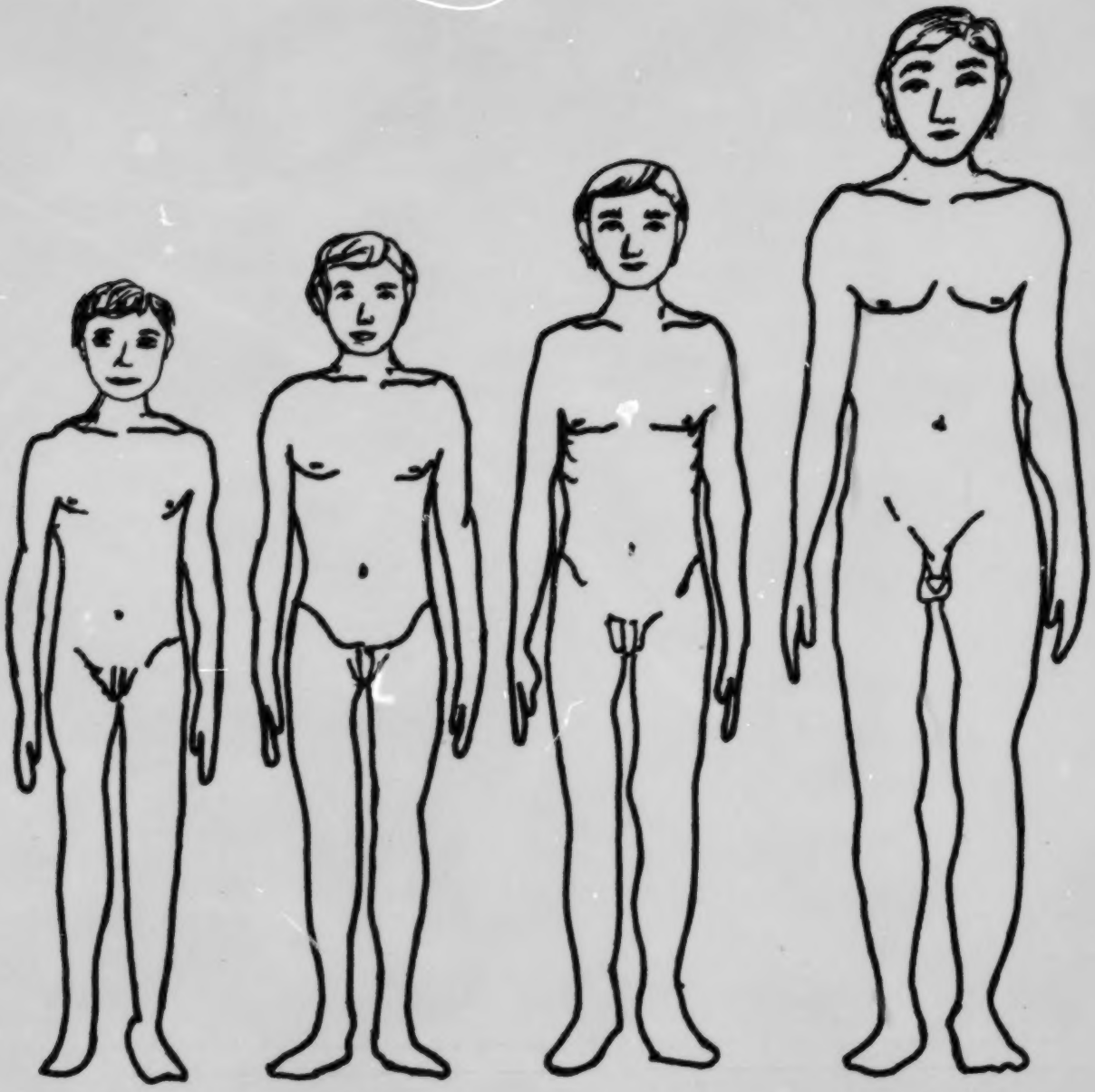
ADOLESCENT GROWTH AND DEVELOPMENT

Adolescent means a teenage boy or girl. Adolescents are not children or adults. They are growing between children and adults and their bodies are changing.

Puberty is the time of life when adolescents make the change from children to young women or men. One of the most important changes is that boys and girls can begin to make babies. In a boy, the testes (testicles) start making sperm and the penis becomes erect frequently during sleep. This is a natural reflex. In a girl, ova (eggs) develop (grow) and menstruation starts. Many other changes happen to a person's body. Also, feelings change when you become an adolescent. Interest in the opposite sex becomes important.

Physical (Body) Changes In The Male (Boy)

During puberty, the boy's body usually changes when he is between 12 to 15 years old. Most of the time, the changes finish by 16 to 18 years old. Each boy will start the changes when his body is ready. Some boys grow very fast. Some grow very slow.



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The following list tells about some of the changes a boy's body goes through during adolescence:

1) The boy's body has hormones (chemicals), that cause many changes in the boy's body.
2) The testes (testicles) and scrotum (sack around the testes) become larger.
3) The boy's penis will get larger. The penis can become erect (hard, stiff, and larger) when the boy thinks about sex. Sometimes, the penis will get larger and erect unexpectedly or during sleep. (See page 12) This is normal (O.K.) for most boys. Each boy's penis will be a different size when flaccid (soft). The size of the penis is not something to worry about. Most erect penises are approximately 5-6 inches long.
4) The boy will grow hair around the penis and on the scrotum. This is called pubic hair.
5) Hair starts to grow under the arms and on the boy's face.
6) The boy will grow taller quickly. The shoulders will become wider. The boy becomes stronger quickly.
7) The voice begins to change. The throat (inside the neck) becomes larger.

WIDE SHOULDERS

PIMPLES/ACNE

8) The skin may become oily. Dirt and oil can cause pimples. The face needs to be washed with soap and water everyday.

9) Body odor (smell) will start under the arms (armpits), sex organs, or feet. It is important to bathe everyday and to keep clean.

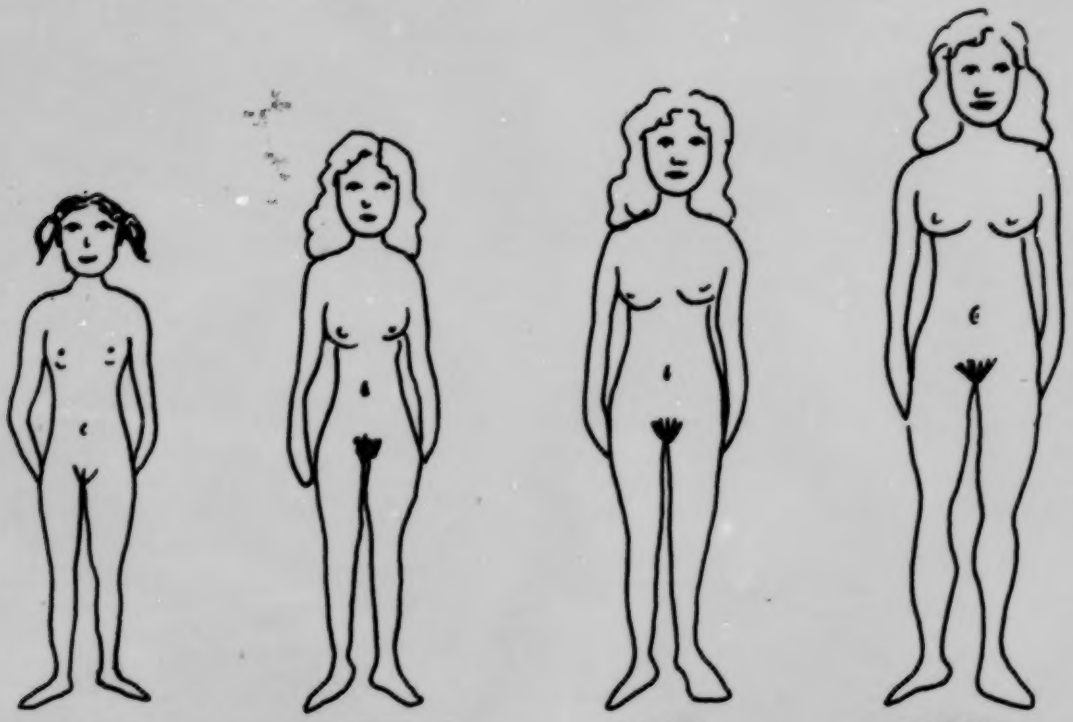
10) The testicles will make sperm. When a boy has sexual feelings, semen (white sticky fluid) may be ejaculated (pushed out) through the penis. This is called orgasm (climax).

Sometimes a boy can have an ejaculation (semen coming out of the penis) when he is asleep. This is called a "wet dream". It is normal (O.K.). Many boys have "wet dreams" during puberty.

Masturbation is when a boy rubs his penis. It feels good. If the boy rubs his penis many times, he may ejaculate or have an orgasm. Orgasm (climax) is a very pleasing sexual feeling for a man. Some adult men masturbate. Some people and churches believe that masturbation is wrong. Other people and churches believe that masturbation is normal and O.K.. Masturbation is done in a private place (a bedroom or bathroom or when no one else is there). Some people never want to masturbate. That is normal (O.K.), too. You must decide for yourself. Is masturbation for you?

Physical (Body) Changes In The Female (Girl)

Girls' bodies usually grow faster than boys' bodies. Puberty is when a girl changes from a child to a young adult woman. At that time a girl could have a baby. Ova (eggs) in the girl's two ovaries begin to develop (grow). Menstruation (blood and tissue coming out of the uterus) begins. Menstruation is an important change in a girl. Other feelings and changes in the body begin. Girls and boys start to like and notice each other. These changes happen to adolescents (young girls). Adolescent girls grow and become adult women.



The following list tells about some of the changes a girl's body goes through during adolescence:

1) Puberty begins when girls are between 9 to 14 years old. The body usually finishes changing between 14 and 18 years old. (Most boys grow later or slower than girls). Every girl will have these changes when her body is ready to start. A girl should not worry. Her body may start to change sooner or later than her friends. (See page 9 for puberty in boys).
2) The pelvis (hips) start to grow larger and wider. The girl's body is getting ready for future child birth.
3) Fat starts to grow on the hips.
4) Breasts (where milk is made) start to grow larger. It does not matter if the breasts are large or small. Breast size is different for each girl. One breast may be larger than the other. This is normal (O.K.). Nipples (the end of the breast) begin to push out.
5) Hair begins to grow around the vulva. This hair is called pubic hair.
6) Hair begins to grow under the arms.
7) Menstruation (period) will probably begin (See chapter III, Female Reproduction).
8) The voice becomes a little lower. (Not like the boy's low voice).

9) The girl grows taller.

10) The skin becomes oily. Dirt and oil can cause pimples. It will help keep the skin healthy by washing the face with soap and water everyday.

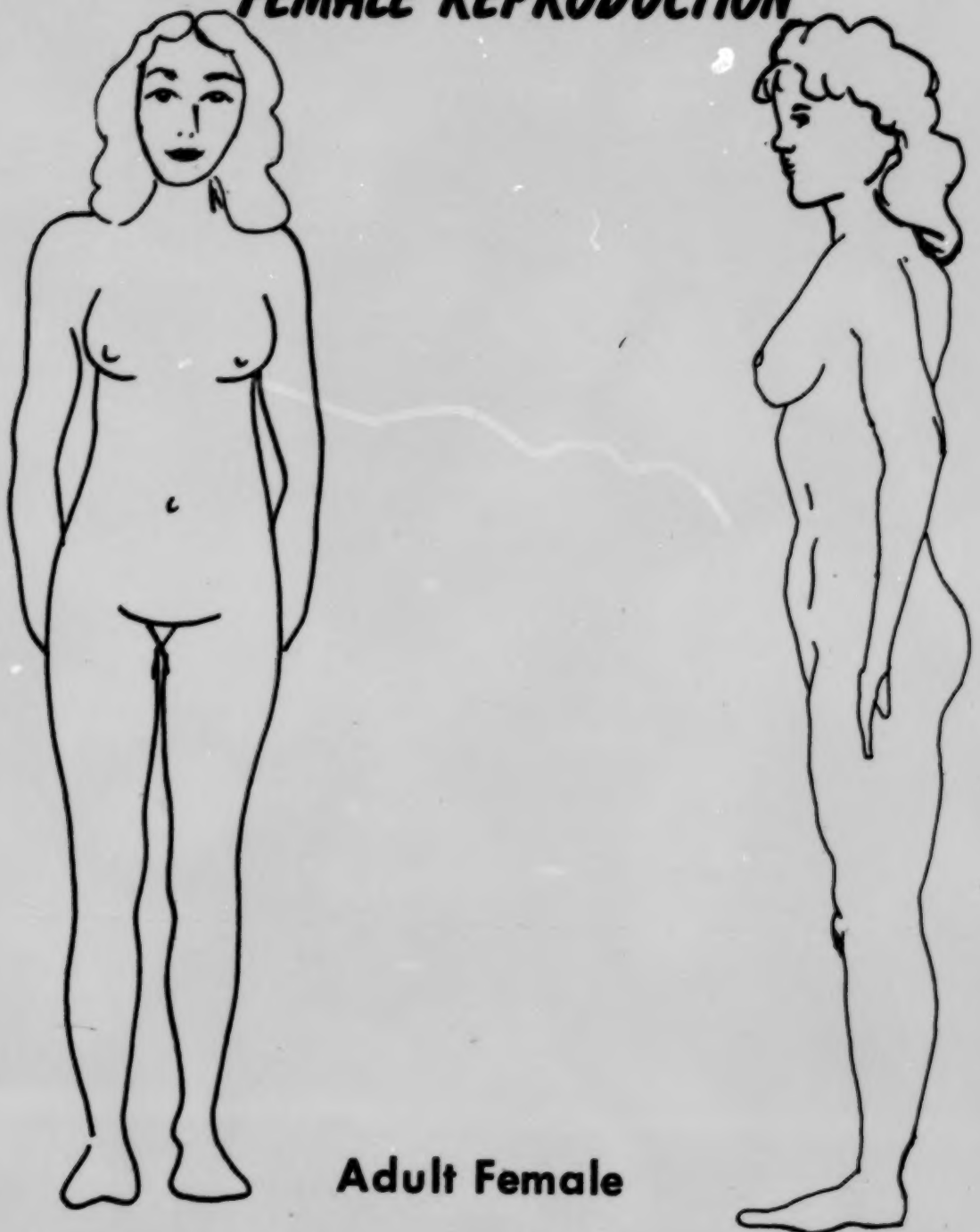
11) The body begins to have an odor (smell) under the arms and and sex organs. It is important for girls to bathe everyday and keep clean.

Masturbation is one way of learning about yourself as a sexual person. It is natural (O.K.) for girls to think and dream about sex. A girl may enjoy rubbing her vulva, inside vagina, breasts or clitoris (a small sex organ in front of the vagina). It feels very good. This is called masturbation. The vagina becomes wet. The girl may or may not feel an orgasm (climax). Orgasm is when the vagina and uterus muscles tighten. The female may feel relaxed and pleasant after an orgasm. Masturbation is done in a private place (a bedroom or bathroom) when no one else is there. Some adult women masturbate. Some people and churches believe that masturbation is wrong. Other people and churches believe it is normal(O.K.). A person must decide for themselves. It is normal not to masturbate. You may never want to masturbate. Is masturbation for you?

Sexual Fantasies (Sexual Dreams and Thoughts)

Many young boys and girls can become sexually excited by sexual daydreams or night dreams, or by sexual ideas. These are called sexual fantasies (dreams). Fantasies are not real. They are invented. It is very normal (O.K.) to have sexual feelings about "sexy" pictures. 90% of fantasies are sexual for teenagers. Young boys and girls can think about touching sex organs. This is caused by hormonal and feeling changes. This does not mean they should have sexual intercourse. They do not need to feel ashamed of their sexual fantasies. If a person is very worried about a sexual fantasy, he or she should talk to a doctor or parent or counselor.

CHAPTER III
FEMALE REPRODUCTION

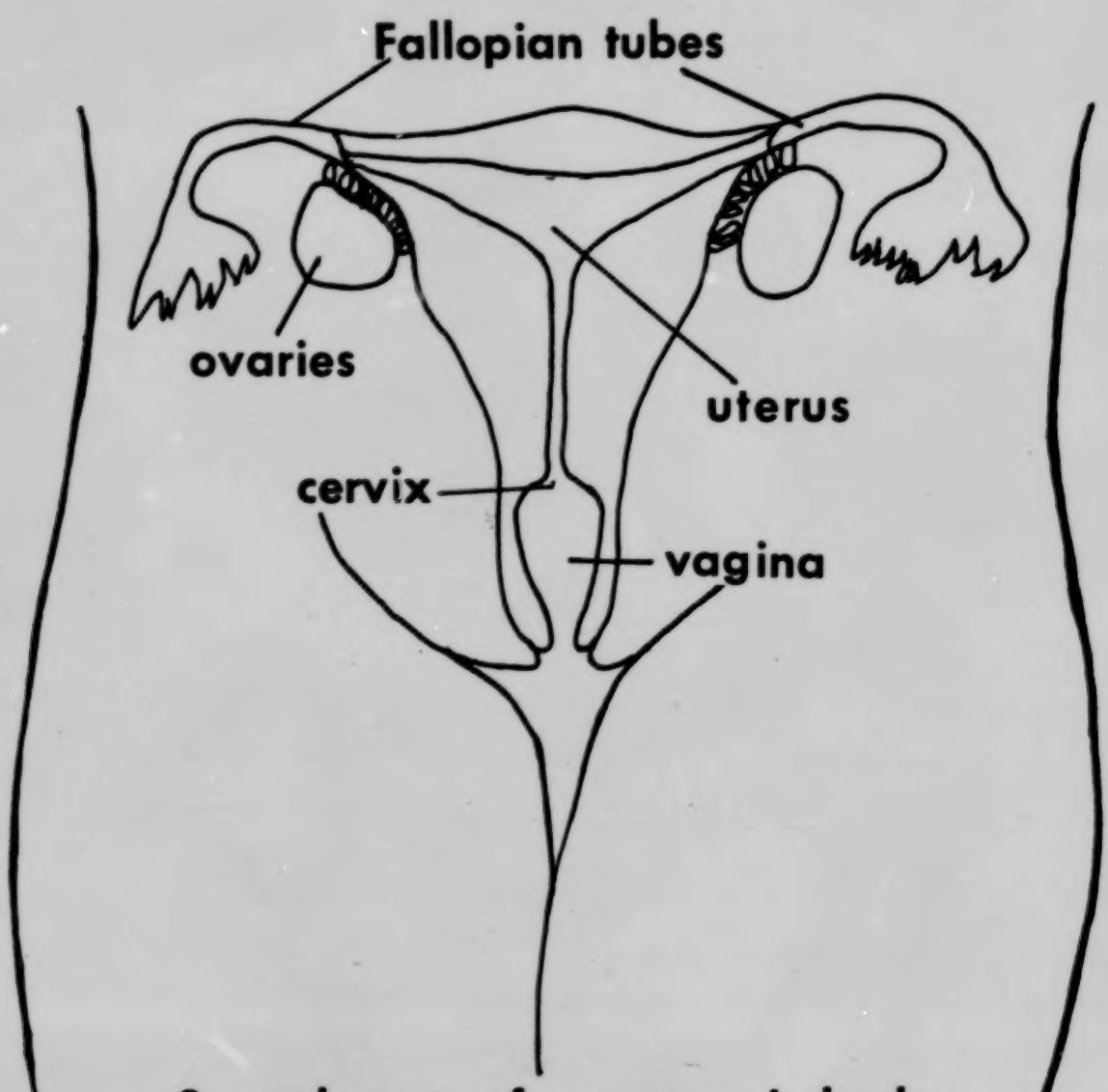


Adult Female

FEMALE (girl or woman) REPRODUCTION

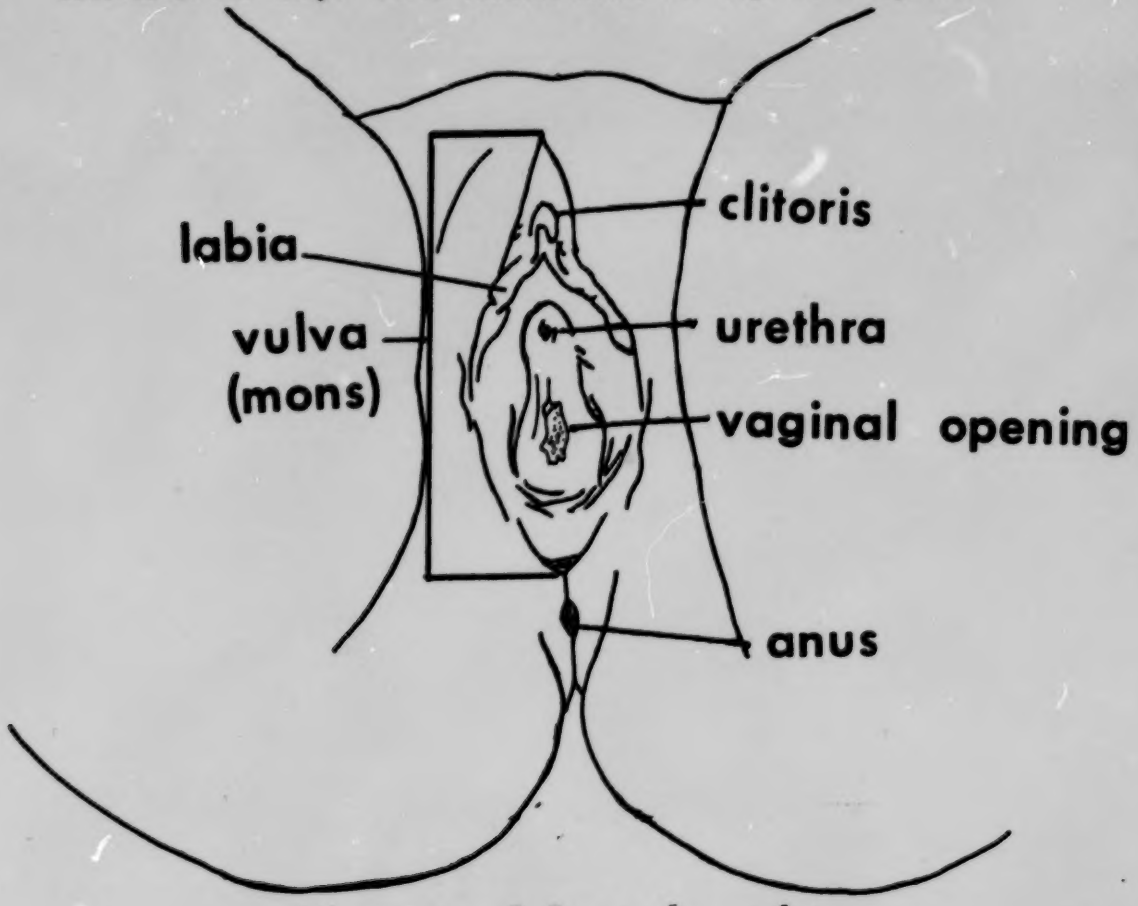
In this chapter we will study the different sex organs (genitals) of the female body. Genitals is a word that means either male or female sex organs.

Most of the female's sex organs (genitals) are inside her body.



Sexual parts of a woman's body.

Vulva is the word used for many of the woman's sex organs on the outside of her body. It is located where her legs come together.



Picture of female vulva

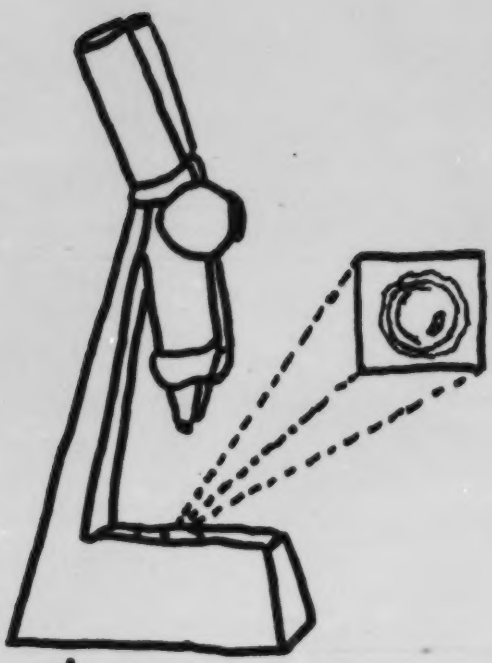
On the upper part of the vulva is the clitoris. It is a very sensitive sex organ. The clitoris' only job is to help the female become sexually excited. It can become hard like the penis when a female thinks sexual thoughts or when the clitoris is touched.

Just under the clitoris is the urethra. The urethra is not a sex organ in the female body. It is a tiny opening used only to urinate (or release urine from the body).

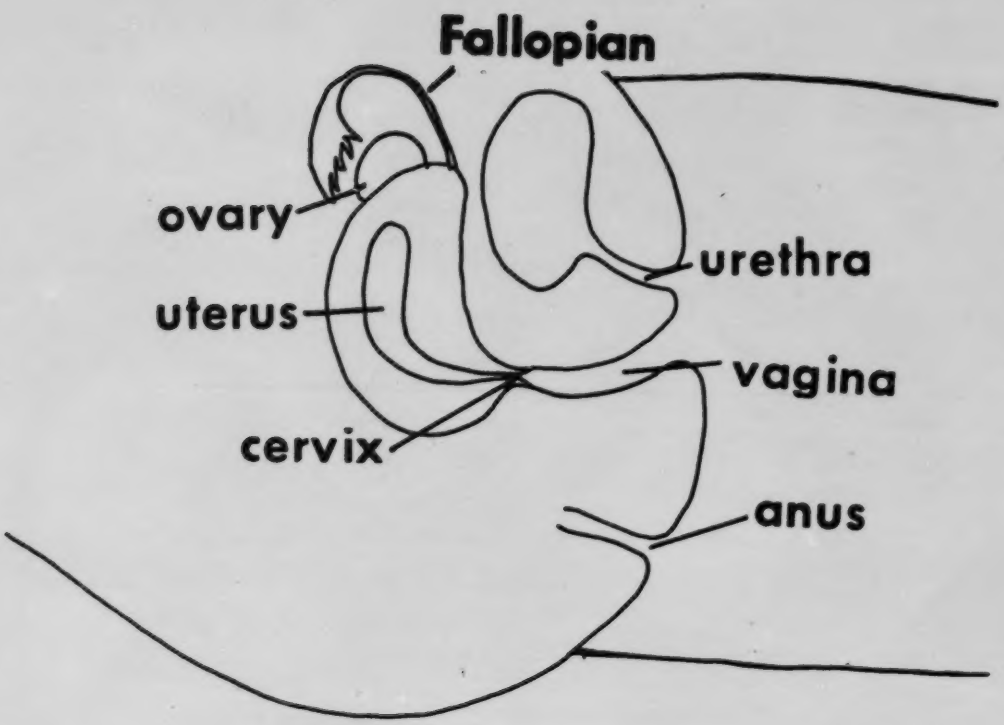
Sometimes a woman will rub her clitoris because it makes her feel sexually excited. This is called masturbation. It is normal and will not hurt the woman. Masturbation is something that both men and women do in private (in places like the bedroom or bathroom when no one else is there). It is a normal way some people enjoy their own bodies. Many girls masturbate, but some don't. This is O.K.

A woman can become very sexually excited and pleased when she has an orgasm (climax). The uterus, vulva, labia, and muscles in the vagina contract quickly and repeatedly. After orgasm, the woman may feel relaxed or may want to have another orgasm.

A man's part of making a baby is the sperm. The woman's part of making a baby is the egg (ovum). The egg is very small. The female is born with thousands of eggs (ova) which are stored (kept) in her ovaries. The ovaries are sex organs inside the woman's body. Each woman has two ovaries, one on each side of the uterus.



This is a picture of one egg from a woman's ovary



Side view of female sex organs

Below the urethra is the opening into the vagina. The vagina is a sex organ which has many jobs.

Blood comes out of the uterus and vagina for a few days each month. This is called menstruation. The male puts his penis in the vagina during sexual intercourse. The baby comes out of the vagina when the baby is born.

At the back of the vagina is a tiny opening called the cervix. The cervix is the opening into the uterus (womb). The uterus is where the fetus (baby inside the mother) grows when the woman is pregnant.

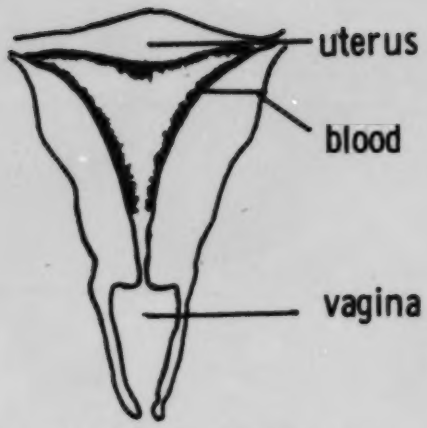
A woman's uterus is about the size of a small pear. When a woman becomes pregnant the uterus stretches (gets larger) as the fetus grows. (See Chapter V, Conception, Fetal Development and Birth).

A woman's ovaries are about the size of walnuts. Each month, the ovaries receive a hormone that causes one egg to be released from it. The egg goes into the Fallopian tube. The sides of the uterus fill with blood, and break into tiny pieces. This collected blood is to help a baby grow if the woman becomes pregnant. The blood leaves the woman's body through the vagina. This is called menstruation (period). The amount of blood that comes out of the vagina during menstruation is only 4 to 6 tablespoons. It is not enough to hurt the woman. If a woman is pregnant, menstruation does not happen. Sometimes, cramping of the uterus happens during or before menstruation. Exercise or special medication can relieve cramps.

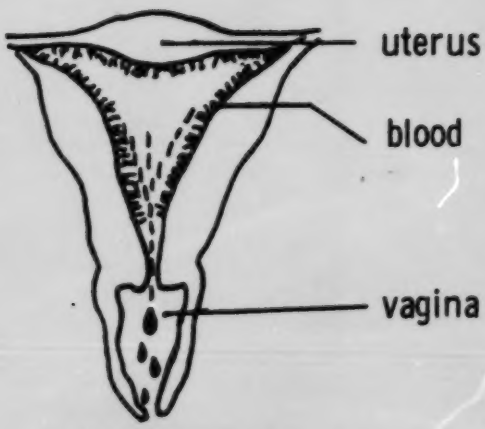
A woman menstruates (has a period) about every 28 days. The period lasts about 2 to 8 days. The womans period usually starts every month about the same day. A young girl's period may not be the same dates each month. Menstruation can be late or early because of the emotional feelings in a young woman.

Sometimes a female will not have a period one month. (If a girl or woman misses her period, she should see a doctor). Sometimes the period will not start on the same day of the month. When this happens the female says her period is early or late.

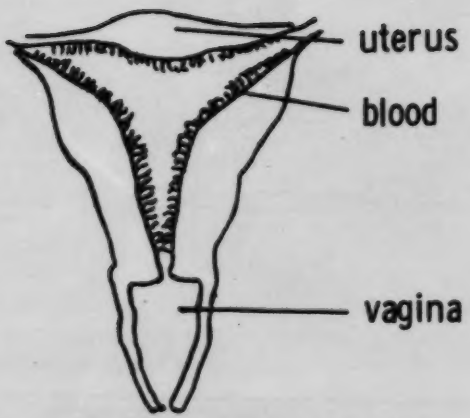
Menstruation Cycle



(1) Blood collects in the uterus each month.



(2) Blood goes out of the uterus and vagina.



(3) Blood collects in the uterus another month.

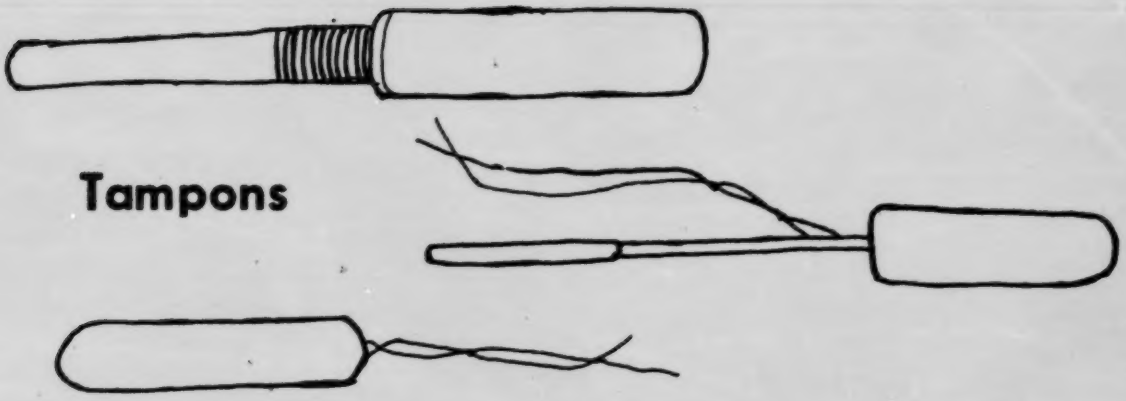
Before a woman starts her period she may have some pains in her abdomen (below the navel). These are called cramps. Some women have no cramps at all. Some women don't feel good and are in a bad mood. Each woman is different.

Menstruation does not hurt a woman's body. She can play tennis, baseball, swim, run and do many other things. Exercise will usually help her to feel better.

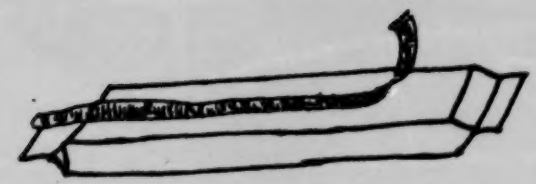
A woman should bathe everyday during her period. The blood that leaves the vagina may have a slight odor when it is outside the body.

A female will not have a period if she is pregnant. After a baby is born the mother will start having periods again.

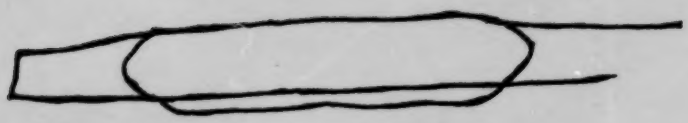
Tampons are put inside the vagina.



Tampons

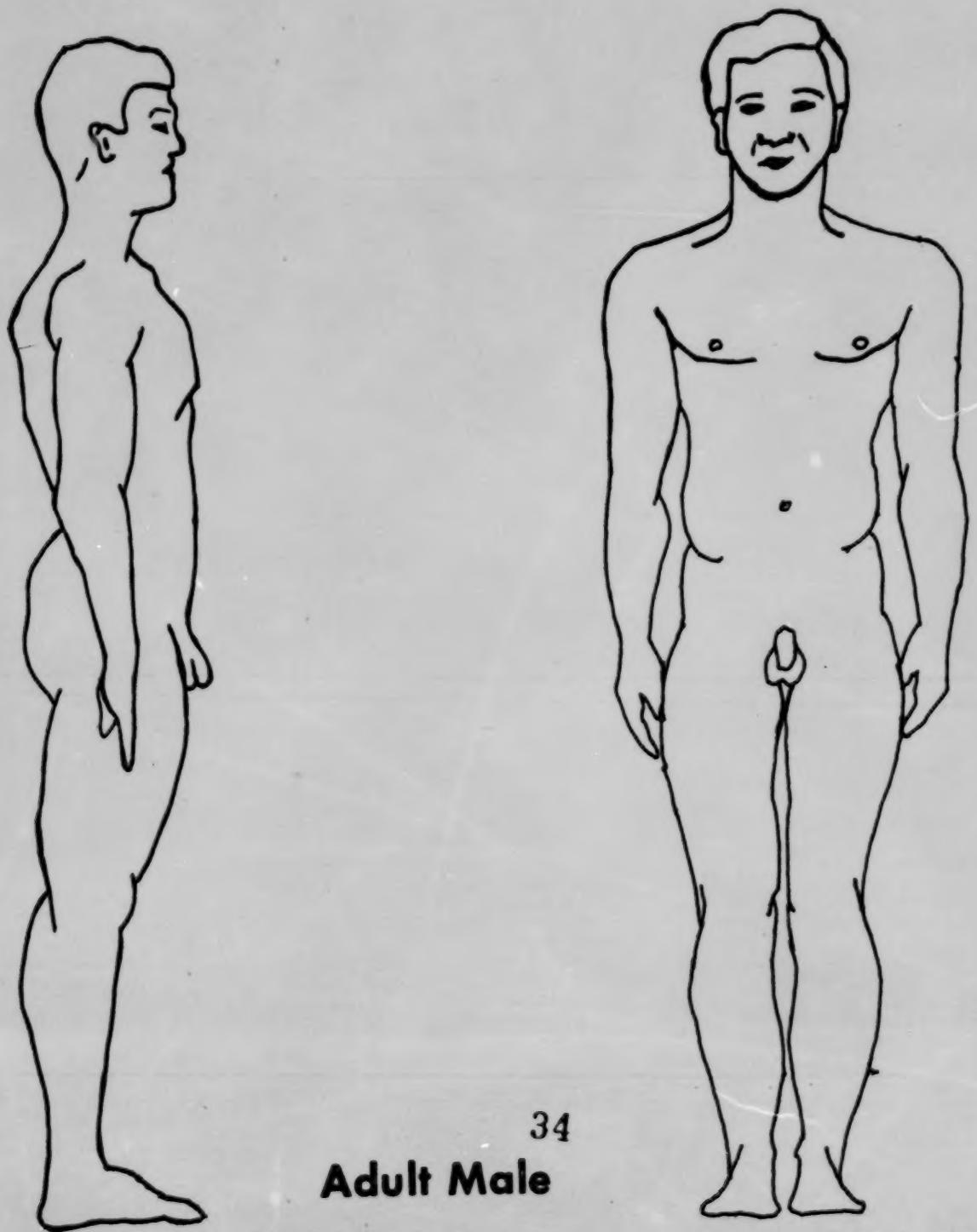


Sanitary Pads



Most women take care of the flow of blood during their periods by using sanitary pads or tampons. Sanitary pads are worn outside the body. Both sanitary pads and tampons can be bought in a drug store or grocery store.

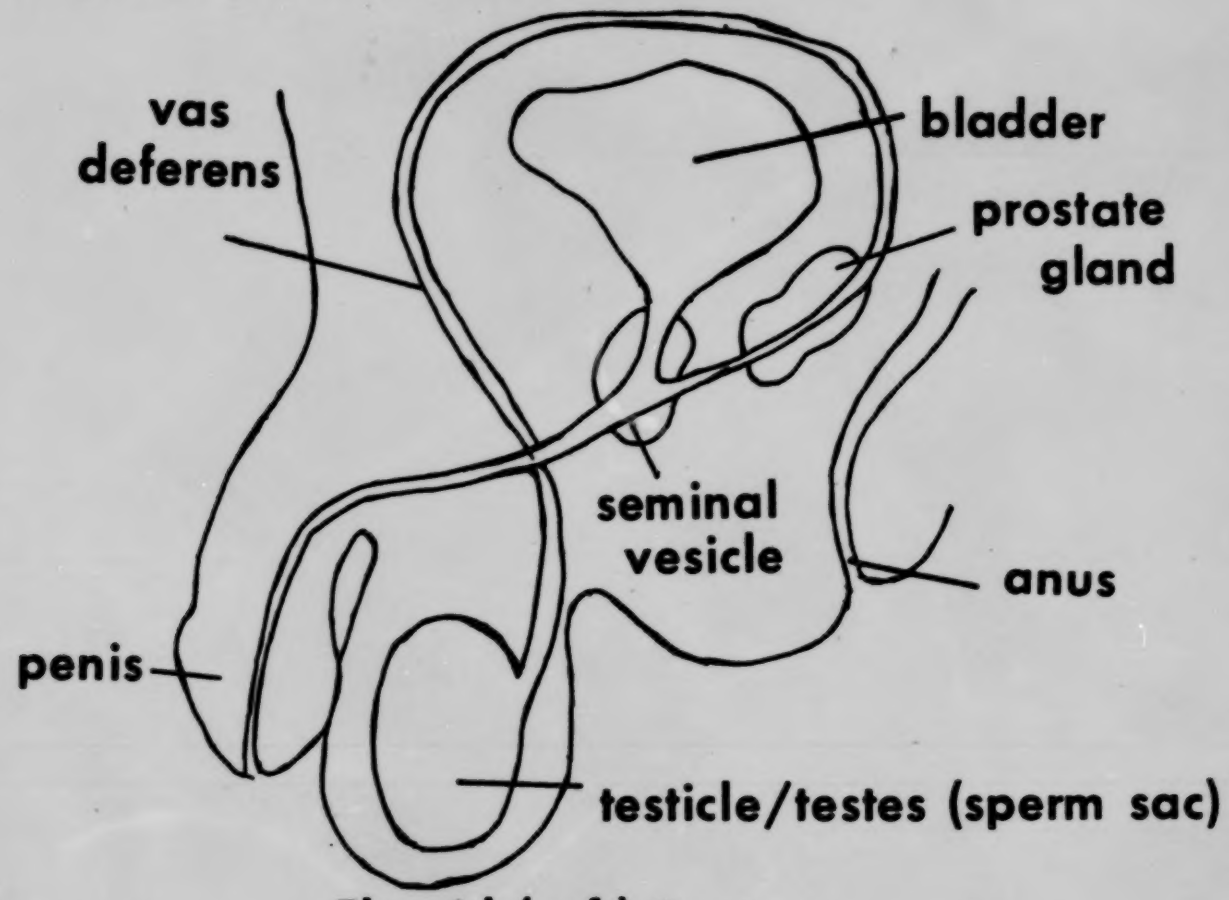
CHAPTER IV
MALE REPRODUCTION



Adult Male

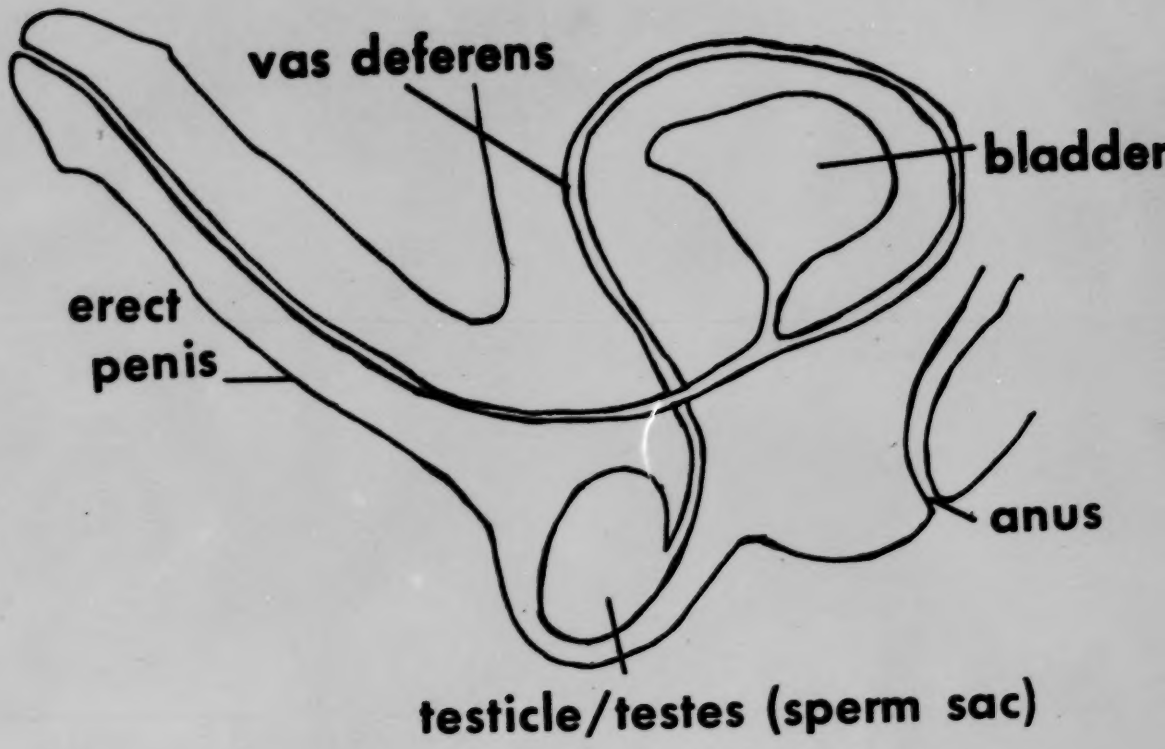
MALE (boy or man) REPRODUCTION ----------

In this chapter we will study the different sex organs (genitals) of the male body. Genitals is a word that means either male or female (man or woman) sex organs. This chapter will explain only the male's genitals and how they work.



Flaccid (soft) Penis

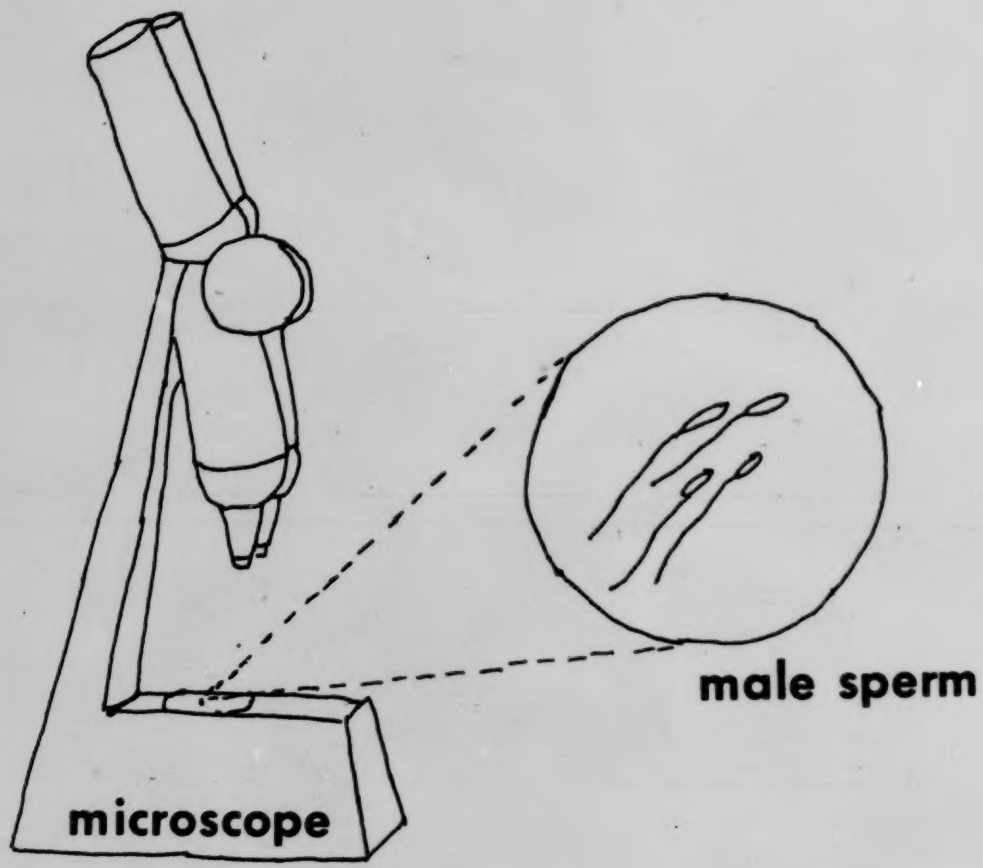
The penis is one of the male's sex organs. It is usually flaccid (soft and limp). When a boy becomes excited, the penis is filled with blood and becomes hard, stiff, and larger. This is called an erection.



When a young male is sleeping, he may have an erection every 80-90 minutes. This is a natural reflex. Erections happen when a male becomes sexually excited or thinks sexual thoughts too.

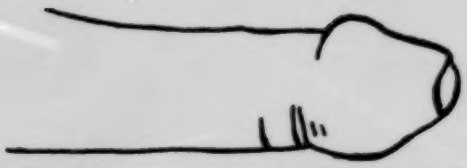
Other male sex organs are the testes. The testes hang in a skin sack called the scrotum. It is located below the penis. There are two testes (each one is called a testicle). It is the job of the testes to make sperm.

Sperm are so small we can't see them except with a miscroscope. A sperm looks something like a tadpole (baby frog) with a head and a long tail. The testes produce (make) millions of sperm everyday. It is the man's sperm which join with the woman's egg (ovum) to make a baby. (See chapter V, Conception, Fetal Development and Birth).



When a boy is born, the head of his penis is covered with a layer of skin called the foreskin. Many doctors cut off the foreskin soon after a baby boy is born. This easy operation is called circumcision. Circumcision may be done to help the boy keep the glans (or head) of the penis clean. Some parents do not have their baby boys circumcised. That is O.K. too.

Circumcision of the penis



uncirumicised penis

(1) The doctor cuts the foreskin off the end of the penis

(2) The doctor sews the foreskin to the head of the penis.

penis head

(3) The doctor has finished cutting the foreskin off the head of the penis.

As a boy grows up he may have wet dreams (nocturnal emission). This happens when the boy is asleep. A white sticky fluid (semen) comes out of the penis. In the morning he will find a wet spot on his sheets or pajamas. Wet dreams are normal and happen to most young boys. There is nothing wrong with having a wet dream.

When a male has an erection and his penis becomes hard, stiff and larger, it is usually because he is sexually excited. If that sexual excitement continues he will probably have an orgasm (climax, ejaculation). When orgasm happens a white sticky fluid called semen (which contains millions of sperm from the testes) comes up from the testes and out through the penis. It is a time of excitement and pleasure for the male. After he ejaculates, he may feel relaxed or tired. (See Chapter II, Adolescent Growth and Development, Chapter VII, Sexual Intercourse and Responsibilities.)

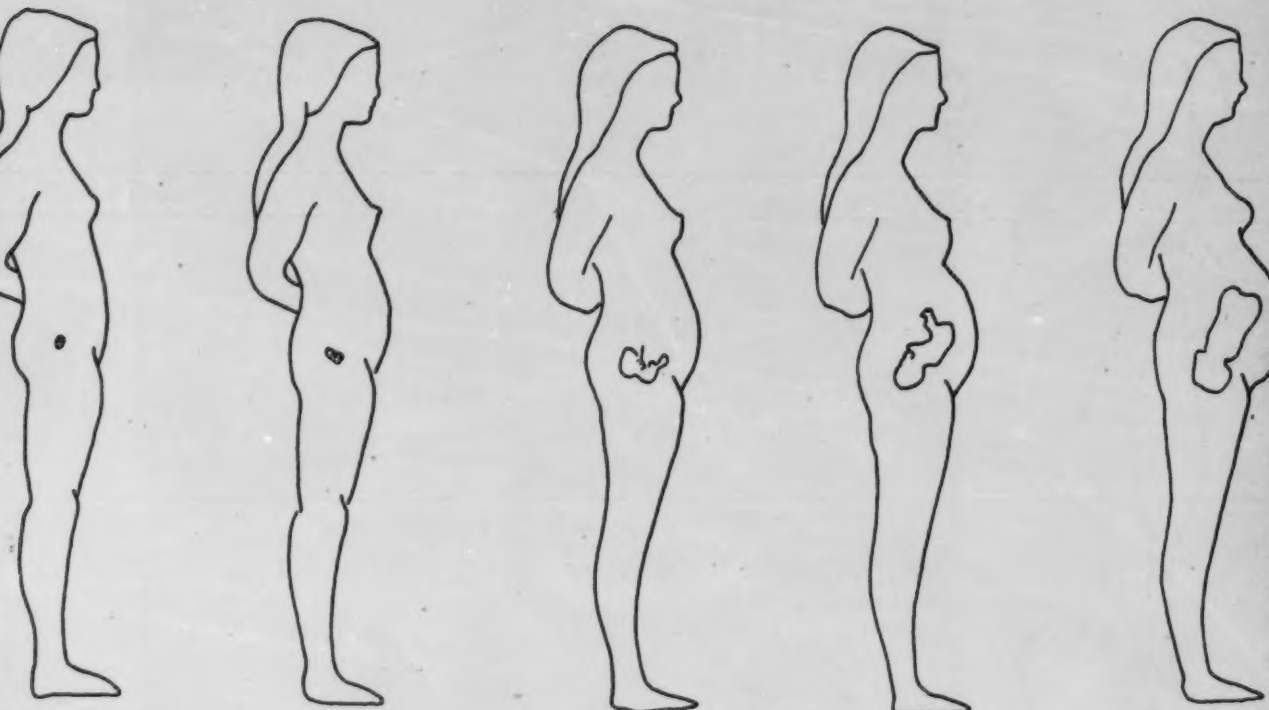
Sometimes a male will rub his penis until he ejaculates. This is called masturbation. It is normal and will not hurt him. Masturbation is something that both men and women do in private (in places like the bedroom or bathroom when no one else is there). It does not cause your hair to fall out, blindness, warts, or cause you to become crazy. It is a natural way some people enjoy their own bodies. Many boys masturbate, but, it is also normal not to masturbate if you don't feel like it. You will have to decide for yourself what is best for you.

The penis is also used to urinate (or release "pee" from the body).

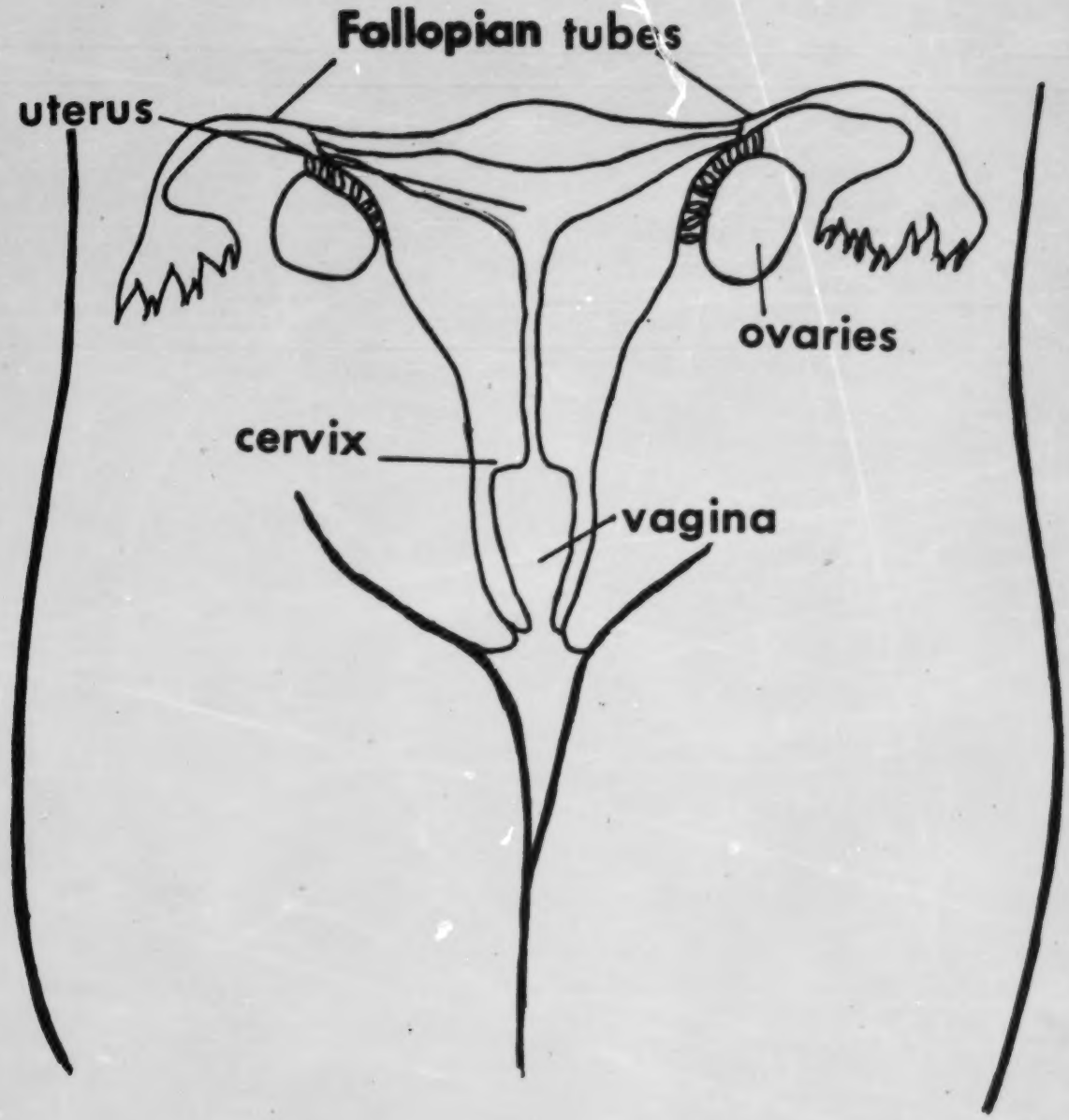
The male body has only one tube for carrying semen and urine (pee) out of the penis. It is called the urethra. It releases both the urine and the semen, but not at the same time. When the male is sexually excited and ejaculates, urine cannot come out.

CHAPTER V

CONCEPTION, FETAL DEVELOPMENT AND BIRTH



Growing Fetus



Sexual parts of a woman's body.

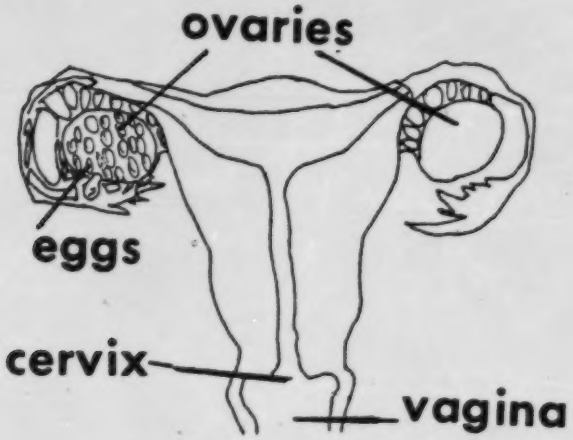
When a man and a woman care very much for each other they may have sexual intercourse. Sexual intercourse is where the man puts his erect (stiff, hard) penis in the woman's vagina. During sexual intercourse, semen (a white sticky fluid) comes out of the man's penis. This is called a male orgasm. In the semen are millions of sperm. Sperm are very small. You cannot see them. A sperm looks like a tadpole (baby frog) with a little head and a long tail. (See Chapter IV, Male Reproduction). When sexual intercourse is finished, millions of sperm are in the woman's vagina and uterus. The sperm look for an egg. The little sperm swim up through the woman's cervix and into the uterus and then into the Fallopian tubes.

In the Fallopian tubes the sperm may meet an egg from one of the female's ovaries. The sperm try to break into the egg. If one of the sperm breaks through, the egg is fertilized. This is called fertilization or conception.

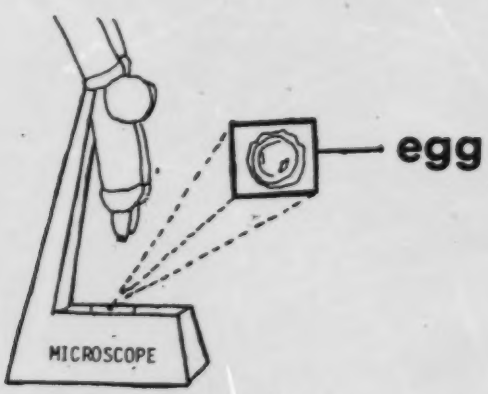
A baby begins to grow. For the next 9 months, it is very important that the mother see a doctor regularly, eat a nutritional diet and exercise often. This will help her have a healthy baby. It's also important for the father to help the mother with the house duties and understand and love her.

The start (conception) and growth of a baby.

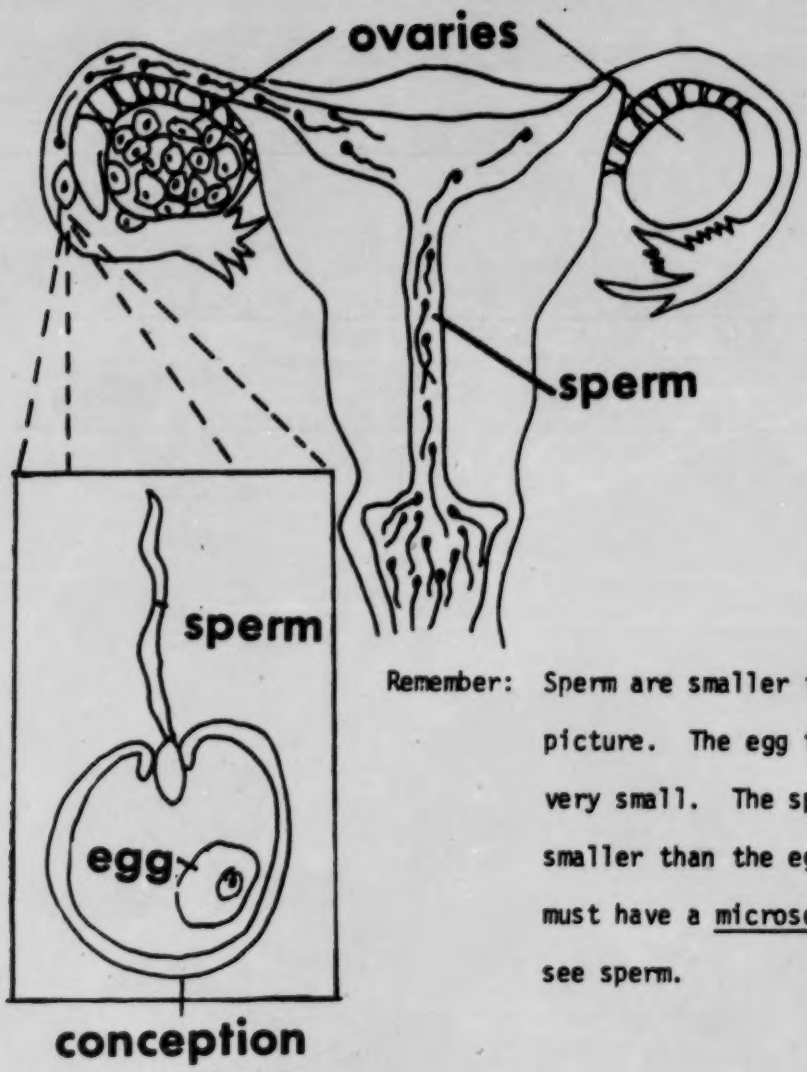
The female is born with thousands of eggs (ova) which are stored (kept) in her ovaries. The ovaries are sex organs inside the woman's body. Each woman has two ovaries, one on each side of the uterus.



Most of the time, ovulation happens one time every month. It happens about 14 days after the menstrual period starts. One egg comes out of one ovary. The egg will live only 1 or 2 days. Then, the egg will dissolve.



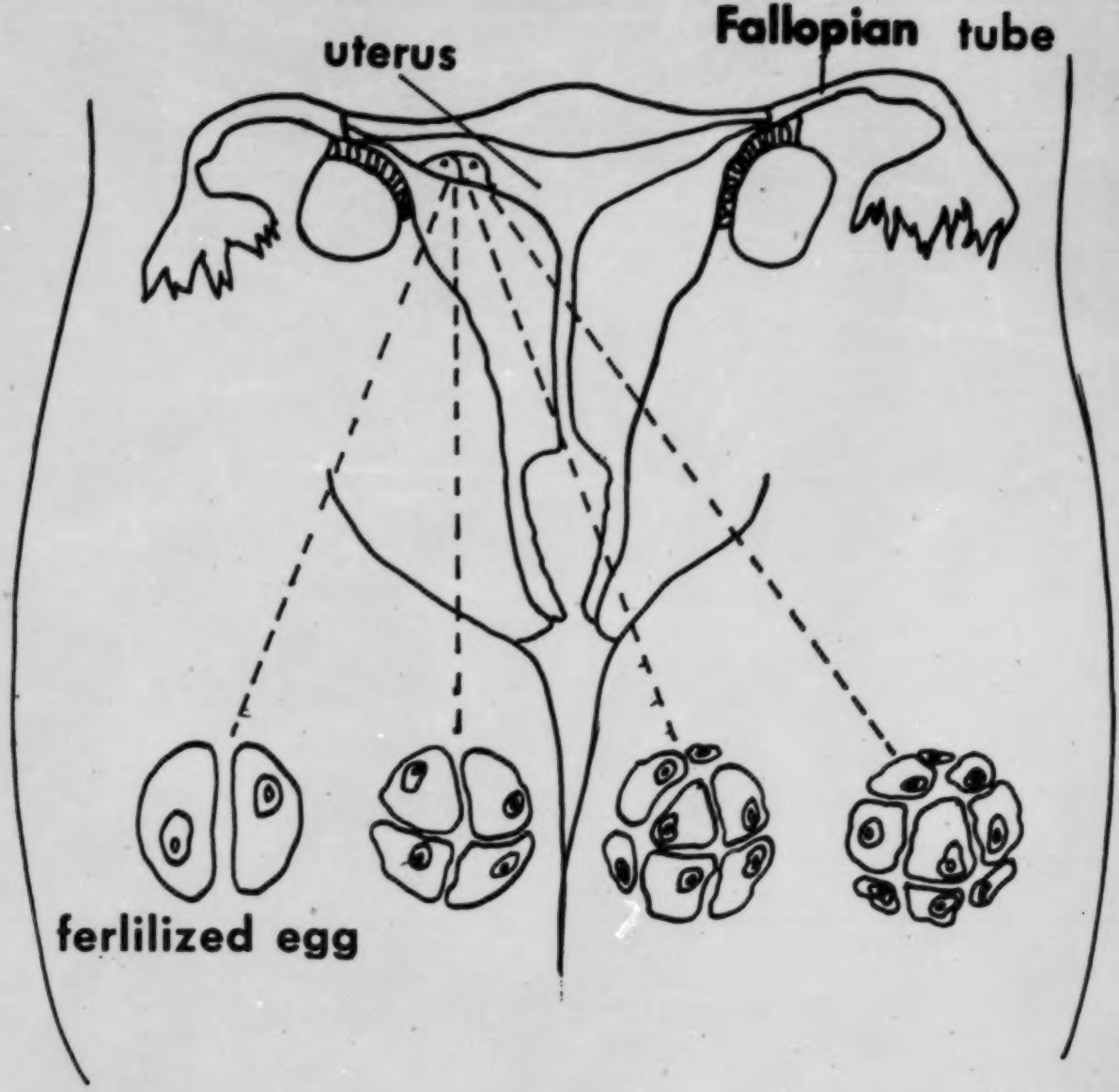
A man's part of making a baby is the sperm. The woman's part of making a baby is the egg (ovum). The egg is very small.



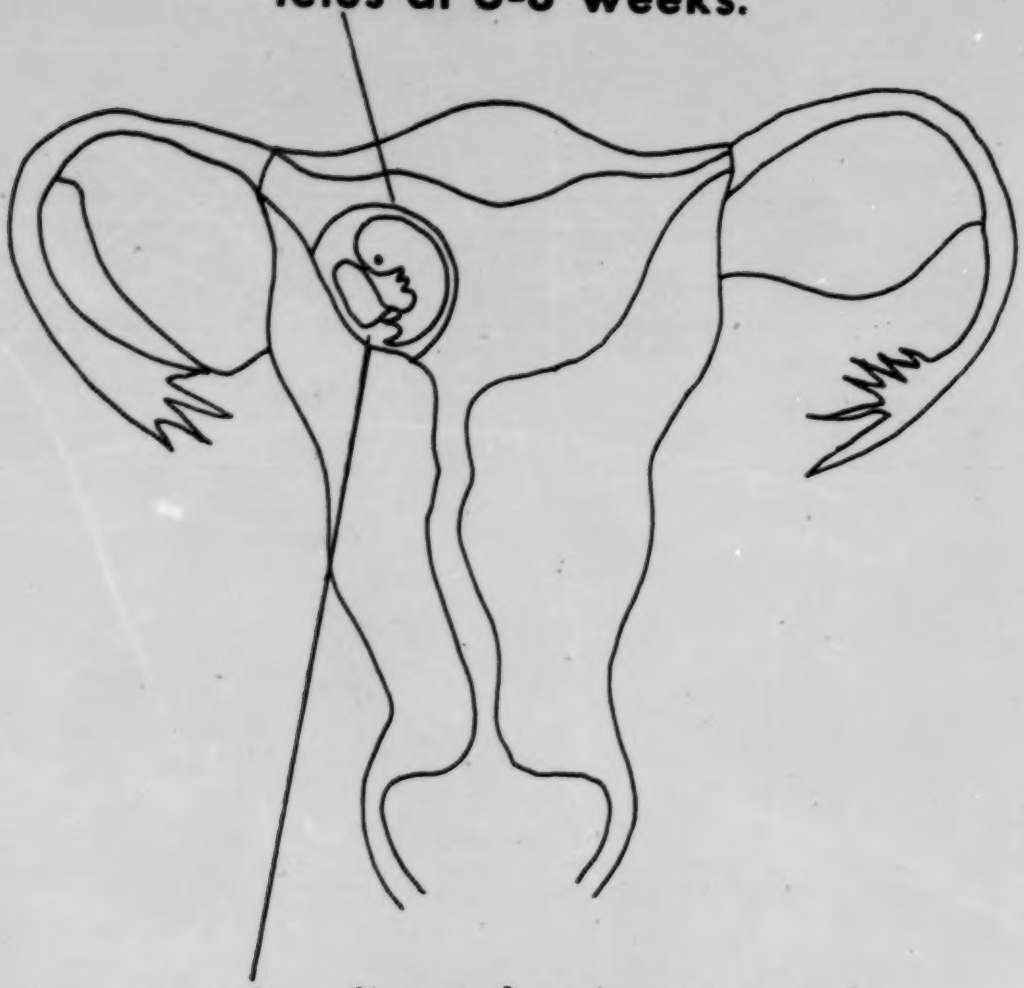
Remember: Sperm are smaller than this picture. The egg is also very small. The sperm are smaller than the egg. You must have a microscope to see sperm.

Sperm traveling to the ovaries.

A fertilized egg in the uterus.



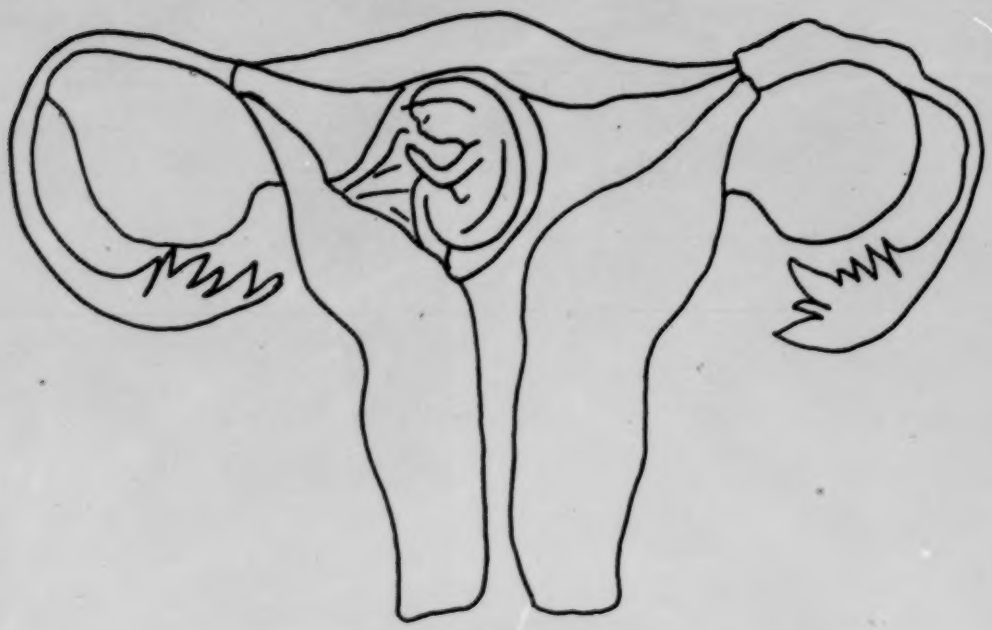
The fertilized egg moves through the Fallopian tube. It joins with the uterus wall. The cells divide and the fertilized egg grows.



Fertilized egg begins to grow in the uterus.

The fertilized egg is about ½ inch long. The important parts of the baby's body begin to grow. The heart starts to beat. The brain starts to grow. The eye, ears, fingers, and toes are also growing.

The fertilized egg is in a clear sac or bag. This is called the amniotic sac. All around the fertilized egg is a clear liquid. The liquid looks almost the same as water. The liquid protects the growing baby.



fetus at two months.

This picture shows the fetus. The fetus is the growing baby before it is born. It is about 1 inch long. The stomach, liver, and kidneys are growing. The head is very large. The fetus (the growing baby) can turn its head.

fetus at 4 months

Now, the fetus is moving very much. It turns over and kicks. The mother can feel the baby moving inside her body.

The fetus is about 6 inches long. Fingernails and eyelids start to grow.

fetus at 6 months

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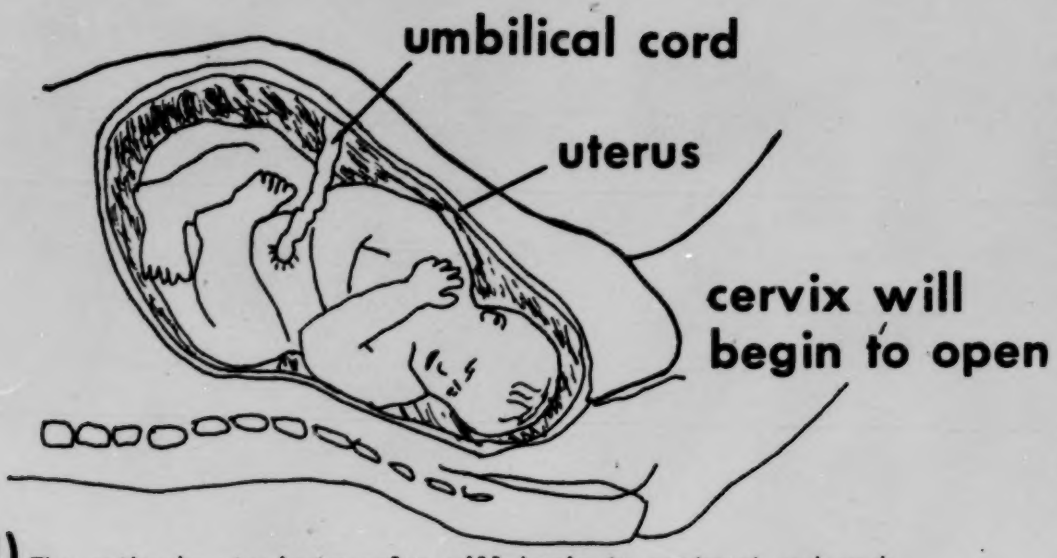
The fetus is now growing bigger and stronger. It is fed through the umbilical cord. It is almost ready to live outside

The baby weighs about 6 to 10 pounds. It does not move very much because it is so big.

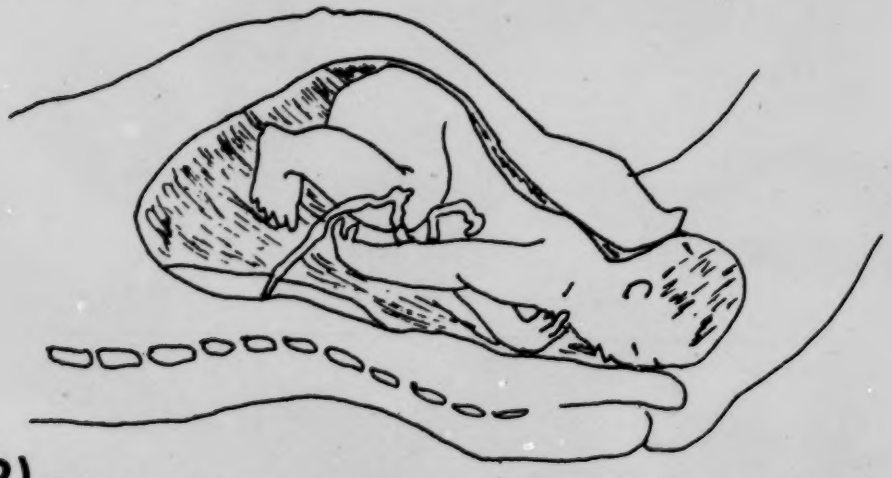
The baby's head is down because this is the easiest way out of the mother's body.

fetus at 8 or 9 months

THE BABY IS READY TO BE BORN.



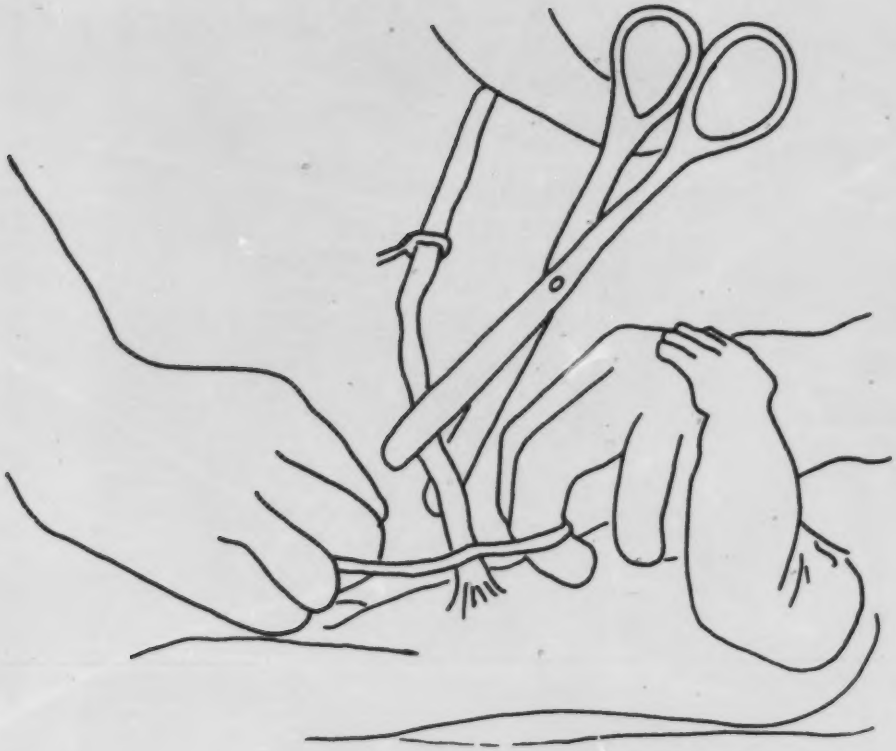
(1) The mother's uterine muscles will begin to contract and push the baby out. The cervix starts to open up slowly and let the baby's head go through. This process is called labor. Labor contractions can be painful to the mother. It is a lot of work for the mother's body.



(2) The baby will come out slowly. The mother's muscles help push the baby out. This is called delivery.

(3) The doctor helps the baby come out. He gently pulls the baby's head and body out. He must be very careful. He does not not want to hurt the mother or the baby.

When the baby is out of the mother's body, it will start crying and breathing air.



) The baby is still joined to the mother by the umbilical cord. The doctor will tie knots in the umbilical cord. Then he will cut off the umbilical cord between the two s. This will not hurt the baby or the mother.

The birth of the baby is finished. Now, the mother and father can see their new baby. A nurse will wash the baby. She will put medicine in the baby's eyes. In some hospitals, the baby will stay in a room with many other new babies. In other hospitals, the baby can stay in the same room with its mother. Now, it is the responsibility of the mother and father to name, feed, love and care for the child. A baby depends on the mother and father for all its needs.

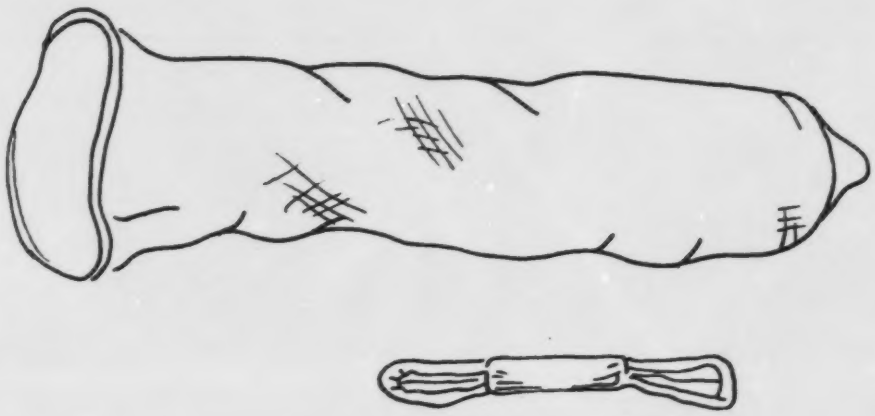
CHAPTER VI
BIRTH CONTROL

A man and a woman might want to have sexual intercourse, but they might not want to have a baby yet. BIRTH CONTROL (BC) HELPS TO PREVENT (STOP) PREGNANCY.

There are many different ways of birth control. Each couple must decide which kind of birth control is the best for them. This chapter talks about birth control methods (ways) for men and women.

The Condom (Rubber, Latex)

1. The man uses the condom.
2. The man buys condoms at the drugstore.
3. The man rolls the condom on his erect (hard) penis just before sexual intercourse.
4. The condom holds all of the sperm and semen that comes out of the penis. Sperm may not go into the woman's vagina. The egg may not meet any sperm. No baby may grow.
5. The man must use a new condom each time he has sexual intercourse. When sexual intercourse is finished, the condom is very carefully removed and thrown away. A condom may break. Men should check to make sure the condom does not have a hole.
6. The man and the woman can help to prevent pregnancy if they learn how the condom works, and the man uses it during each sexual intercourse.
7. The condom also helps to prevent VD (Venereal Disease).
8. The condom is much more effective when the woman puts a contraceptive (sperm-killing) foam in her vagina before intercourse.



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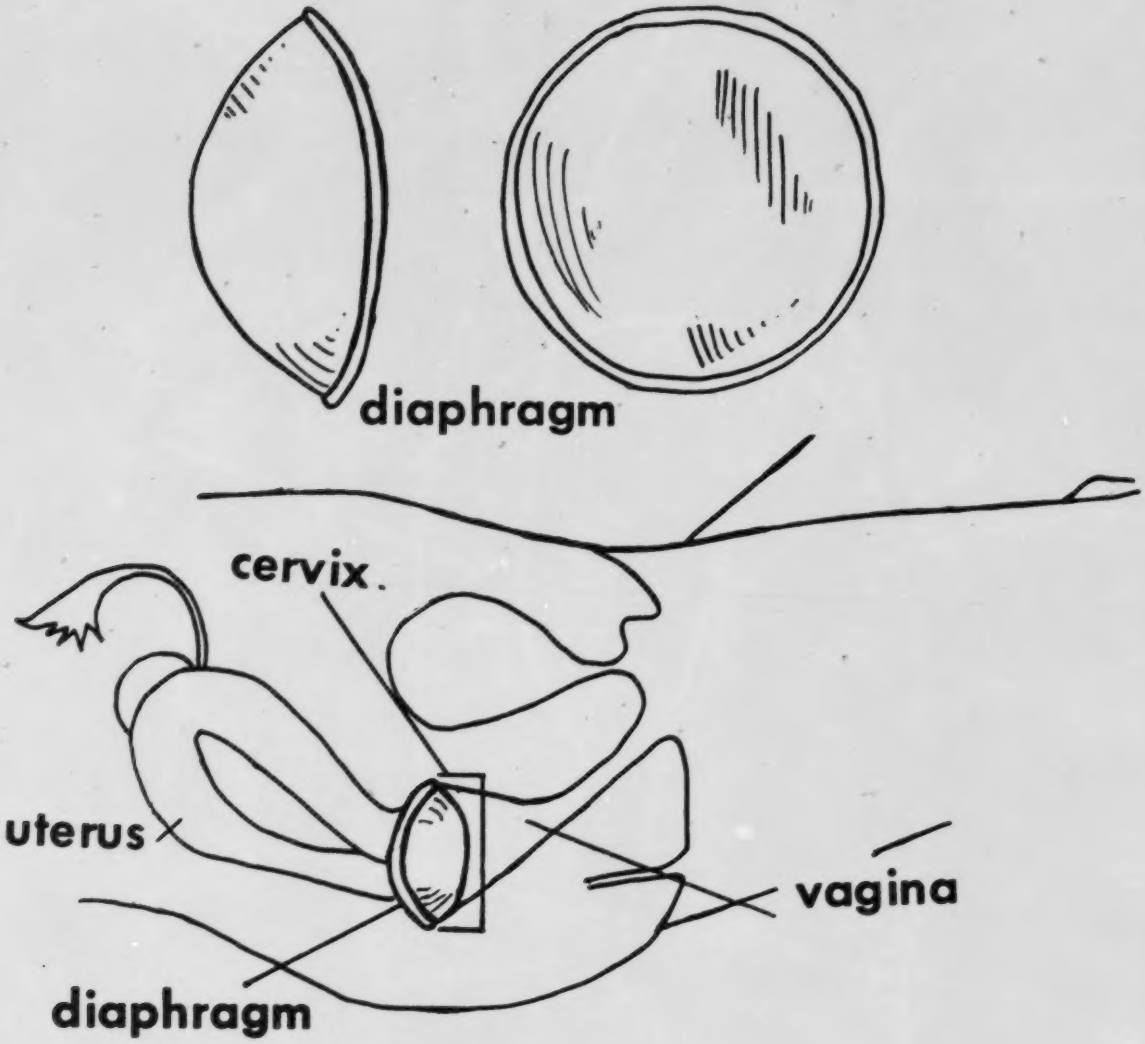
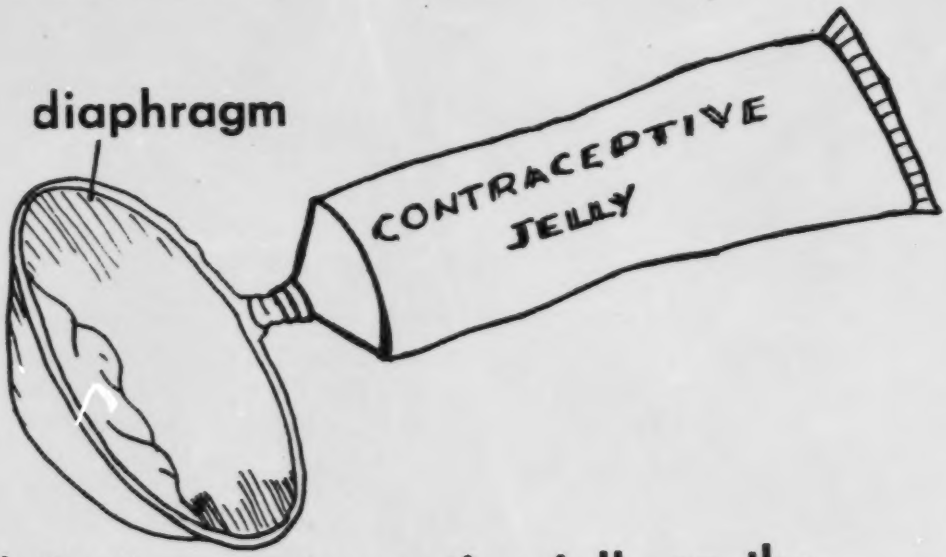
Contraceptive Jelly and the Diaphragm



diaphragm (in place)

1. The <u>woman</u> uses the diaphragm and spermicidal (sperm-killing) jelly.
2. The woman gets examined and fitted for a diaphragm and jelly from her doctor. The doctor must measure the woman's cervix to get a perfect fit.

3. Jelly is put on the sides and in the middle of the diaphragm.
4. The woman puts the diaphragm in her vagina and it cups over the cervix before sexual intercourse.
5. The diaphragm is like a wall to prevent sperm from going into the cervix and uterus. The jelly kills the sperm that try to swim around the diaphragm. The sperm and egg may not meet. No baby will begin to grow.
6. If the man and the woman have sexual intercourse again, the woman must put more jelly in the vagina.
7. The diaphragm must stay in the vagina for 6 hours or longer after intercourse. Then, the woman can take it out.
8. The woman and the man can help to prevent pregnancy if they learn how the diaphragm works, and the woman uses it all the time.
9. When using a diaphragm, a woman must have medical exams about every six months.



(1) Putting contraceptive jelly on the diaphragm.

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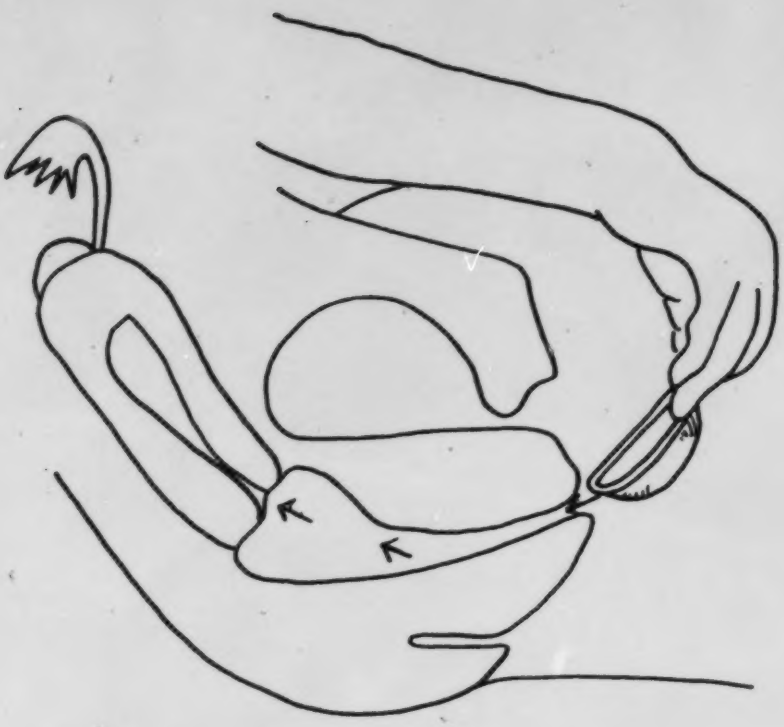
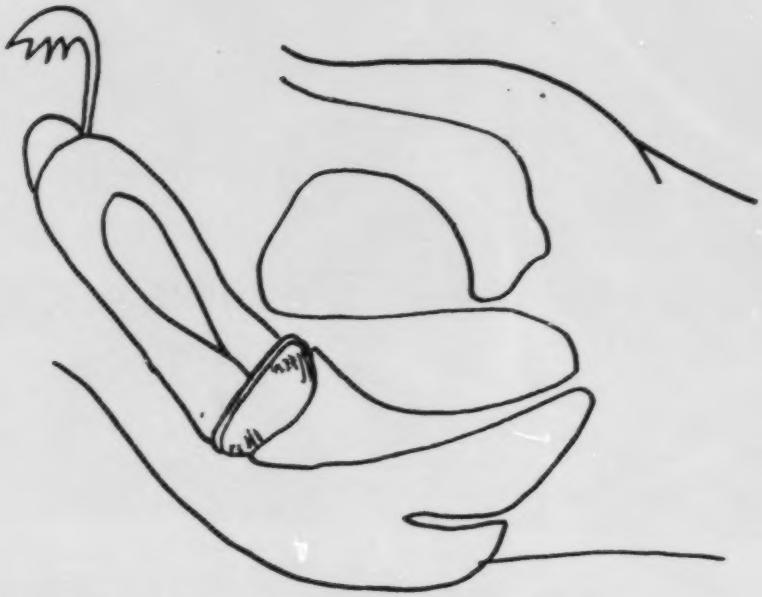


(2) Putting diaphragm in place.



(3) Diaphragm in place.

(4) Removing diaphragm

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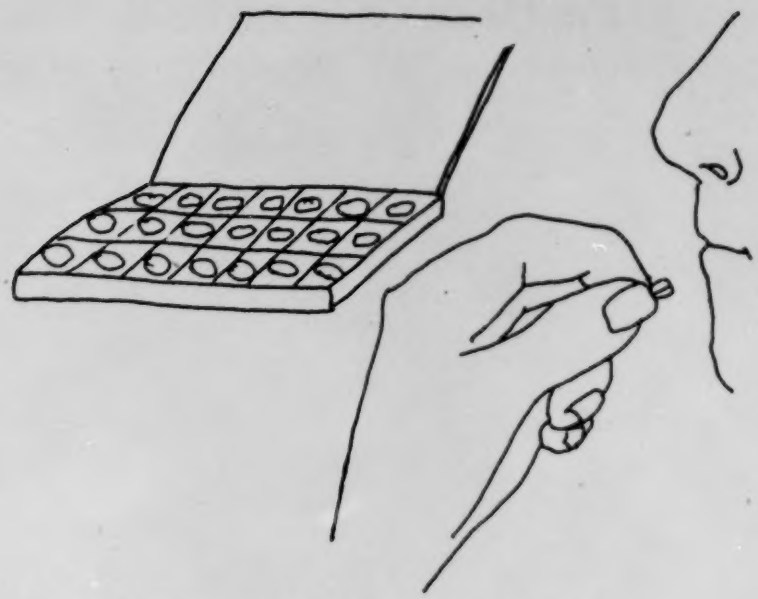
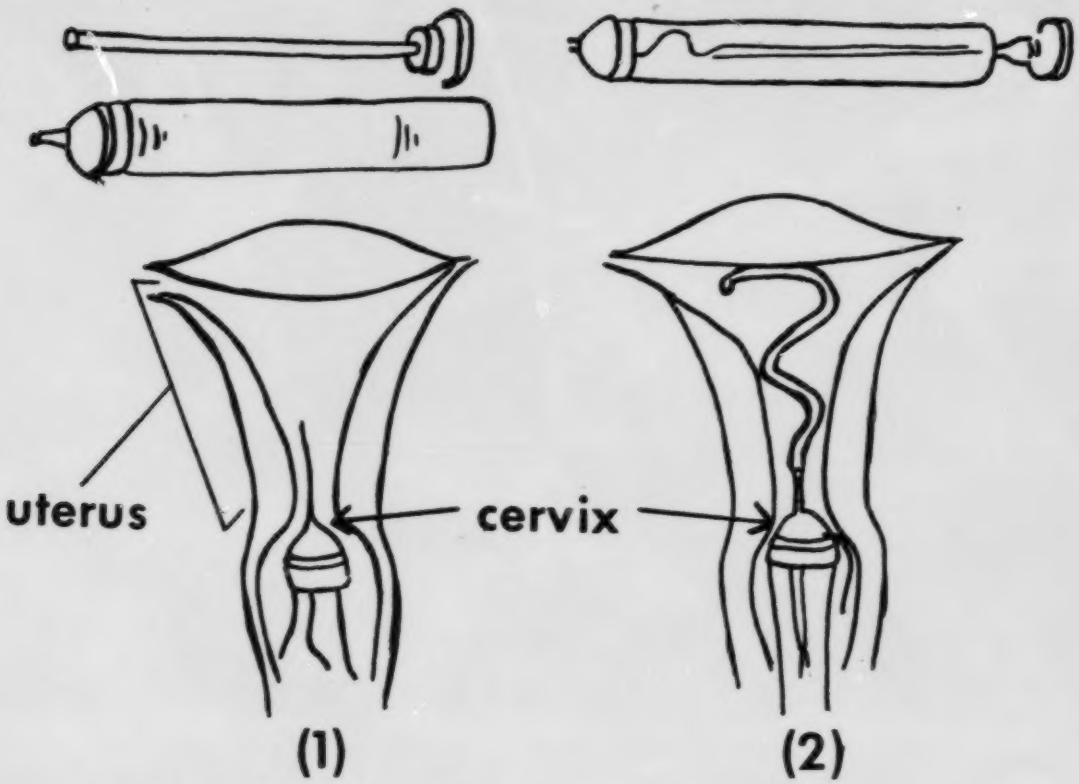
The Pill



1. The woman uses the birth control "pill".
2. The "pill" must be prescribed (ordered) by the doctor. The "pill" is not medicine that you take when you are sick. The "pill" is for birth control only.
3. The woman swallows the "pill" everyday.
4. The "pill" stops the egg from coming out of the ovary. So when sexual intercourse is finished, the sperm will go into the uterus of the woman; but there will be no egg to meet the sperm. No baby will begin to grow.
5. The woman should talk to her doctor to make sure that the "pill" is safe for her. For example: It is not safe for a woman with high blood pressure to take the pill.
6. The woman and the man can help to prevent (stop) pregnancy if they learn how the "pill" works, and the woman uses it all of the time.
7. Never borrow pills from another person.
8. One or two pills will not prevent pregnancy.

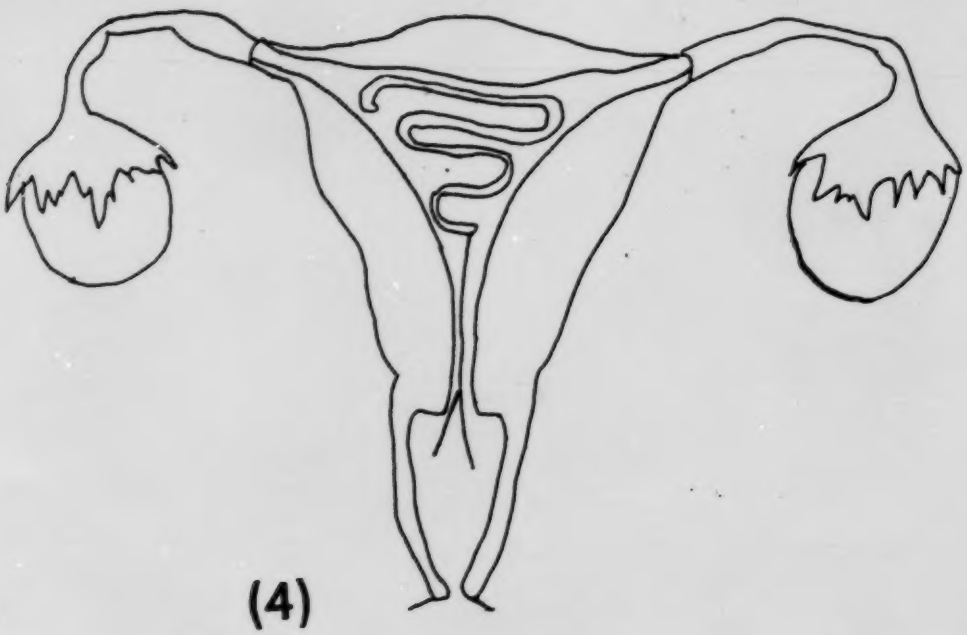
The I.U.D.

1. The I.U.D. means Intra-Uterine Device -- an object inside the uterus.
2. The woman uses the I.U.D.
3. The doctor will put the I.U.D. into the woman's uterus. The I.U.D. will stay in the uterus until the doctor takes it out. It may stay in the woman's uterus for months or years.
4. I.U.D.'s work well for some people. The woman should talk to her doctor to make sure that the I.U.D. is safe for her.
5. Some doctors suggest that women put their finger inside the vagina to check the I.U.D. string at the cervix.
6. Doctors are not sure how the I.U.D. prevents pregnancy.



I.U.D. is put into the uterus.

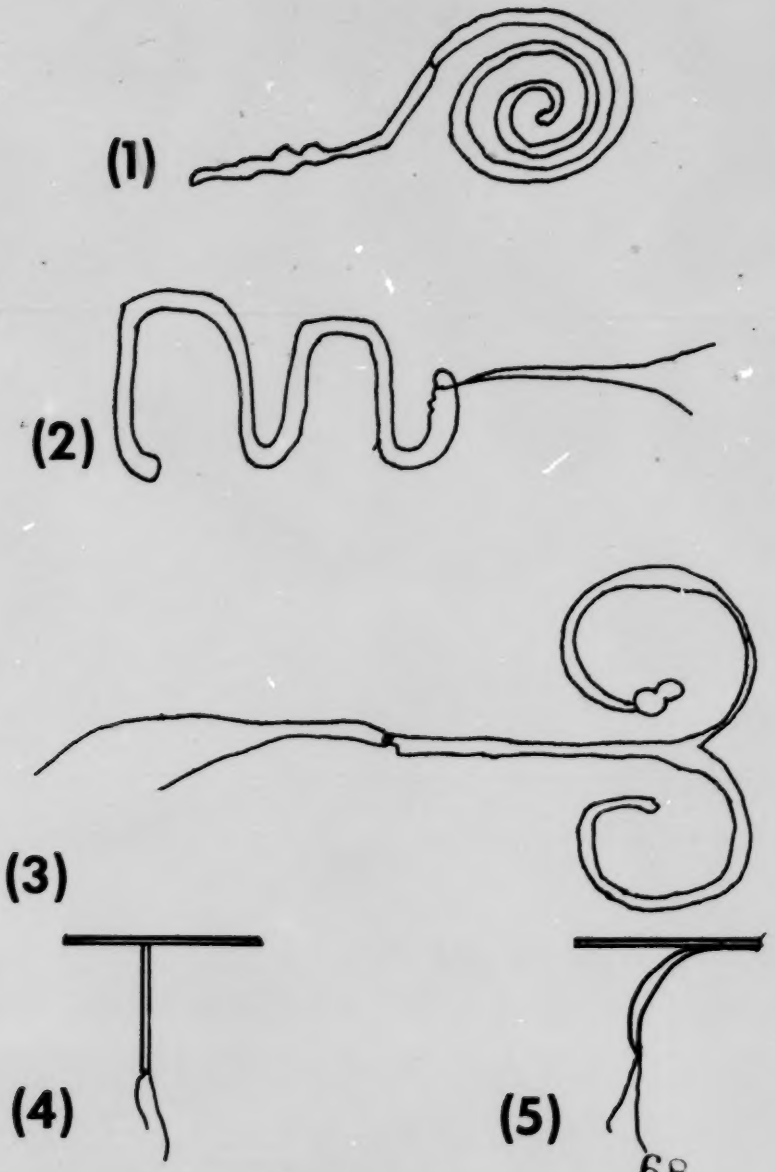
(3)



(4)

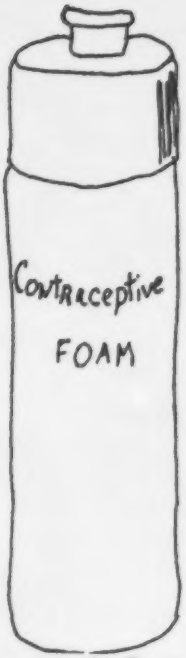
I.U.D. in place.

Five different kinds of I.U.D.'s.



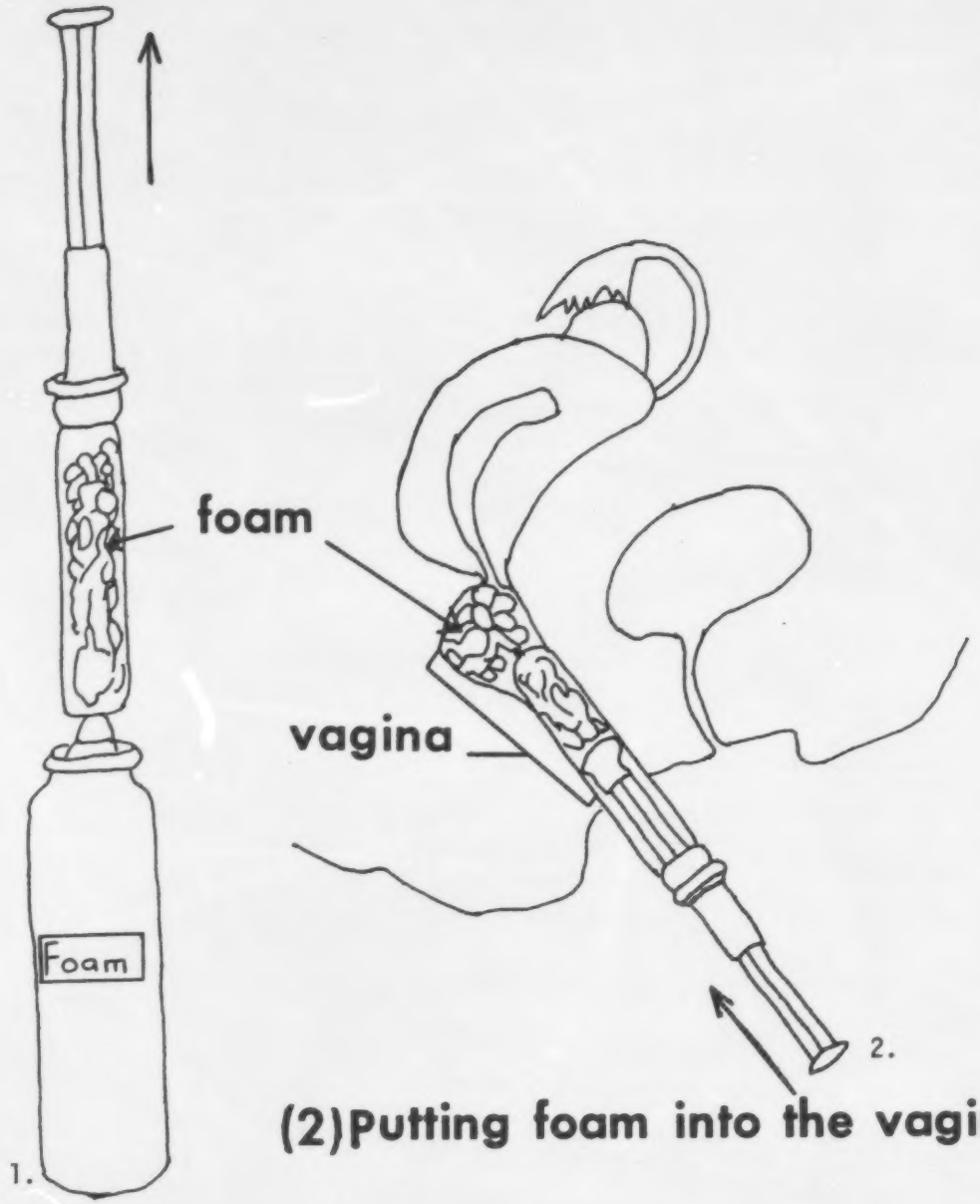
Contraceptive Foam

1. The woman uses the contraceptive foam.
2. The woman can buy the foam at the drugstore. She does not need to see a doctor.
3. The woman always puts the foam into the vagina a few minutes before sexual intercourse.
4. The foam helps to kill the sperm. But the foam does not always kill all of the sperm. The man should use a condom at the same time. Then, the sperm and the egg may not meet. No baby will begin to grow.
5. If the man and the woman have sexual intercourse again, the woman must put more foam into her vagina.
6. The woman and the man can help to prevent pregnancy if they know how the foam works, and the woman uses it all of the time. Remember the man should use a condom at the same time.



can of foam

applicator



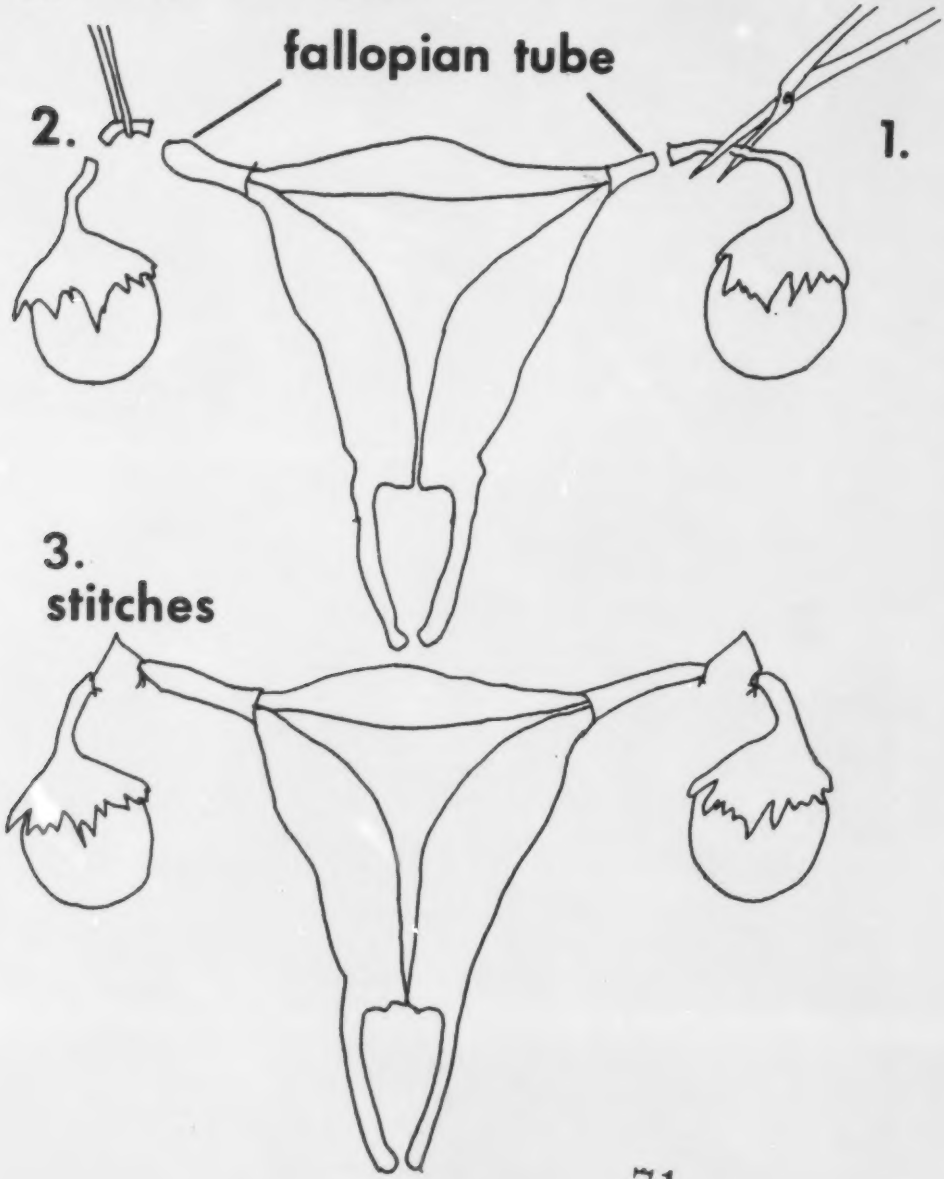
(2)Putting foam into the vagina.

(1) Putting foam in applicator.

70

Tubal Ligation

1. Tubal ligation is a permanent (forever) operation for the woman. She must be sure that she wants no more babies.
2. In surgery, the doctor will go through the vagina or just under the navel to cut out part of the Fallopian tubes. Then, the tubes are sewn where they were cut. After the operation, the egg cannot get to the uterus.

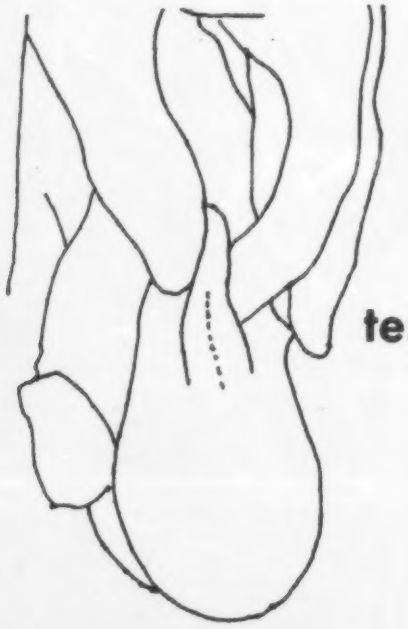


3. When sexual intercourse is finished, no egg will go through the Fallopian tube to meet the sperm.
4. The woman can almost never become pregnant in the future if she has this operation.
5. The woman and the man can help to prevent pregnancy if they understand how a tubal ligation works, and they decide that the woman will have this operation.

   Remember: The couple must be sure that they NEVER want babies in the future.
6. A tubal ligation will not change a woman's sexual desire or sexual behavior.

Male Vasectomy

1. Vasectomy is a permanent (forever) operation for the man. He must be sure that he wants no more babies.
2. In surgery, the doctor will cut out part of the tubes (vas deferens) that carry the sperm. The sperm cannot go out of the penis.



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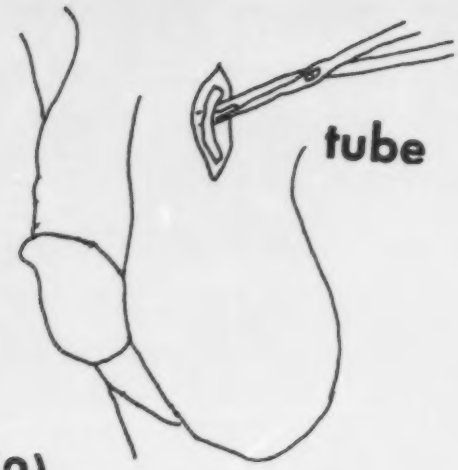

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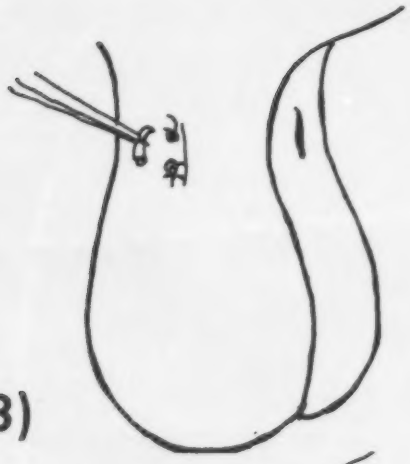


(3)

(4)

3. During sexual intercourse, semen will come out of the penis but no sperm. The egg will meet no sperm. No baby will begin to grow.
4. About one month after this operation is finished, the man cannot produce (make) a baby in the future.
5. The man and the woman can help to prevent pregnancy if they understand how a vasectomy works, and they decide that the man will have this operation.

   Remember: The couple must be sure that they NEVER want babies in the future.
6. A vasectomy will not change a man's sexual desire or sexual behavior.

The Rhythm Method

-- (Natural Family Planning)

1. The rhythm method is used when a man and a woman do not have sexual intercourse on certain days in the month. They do not have intercourse when the egg is leaving the ovary and going to the uterus (ovulation).
2. The rhythm method will not always prevent pregnancy.
3. It is hard for a woman to know when the egg is leaving the ovary. So it is hard to know when the couple should not have sexual intercourse.

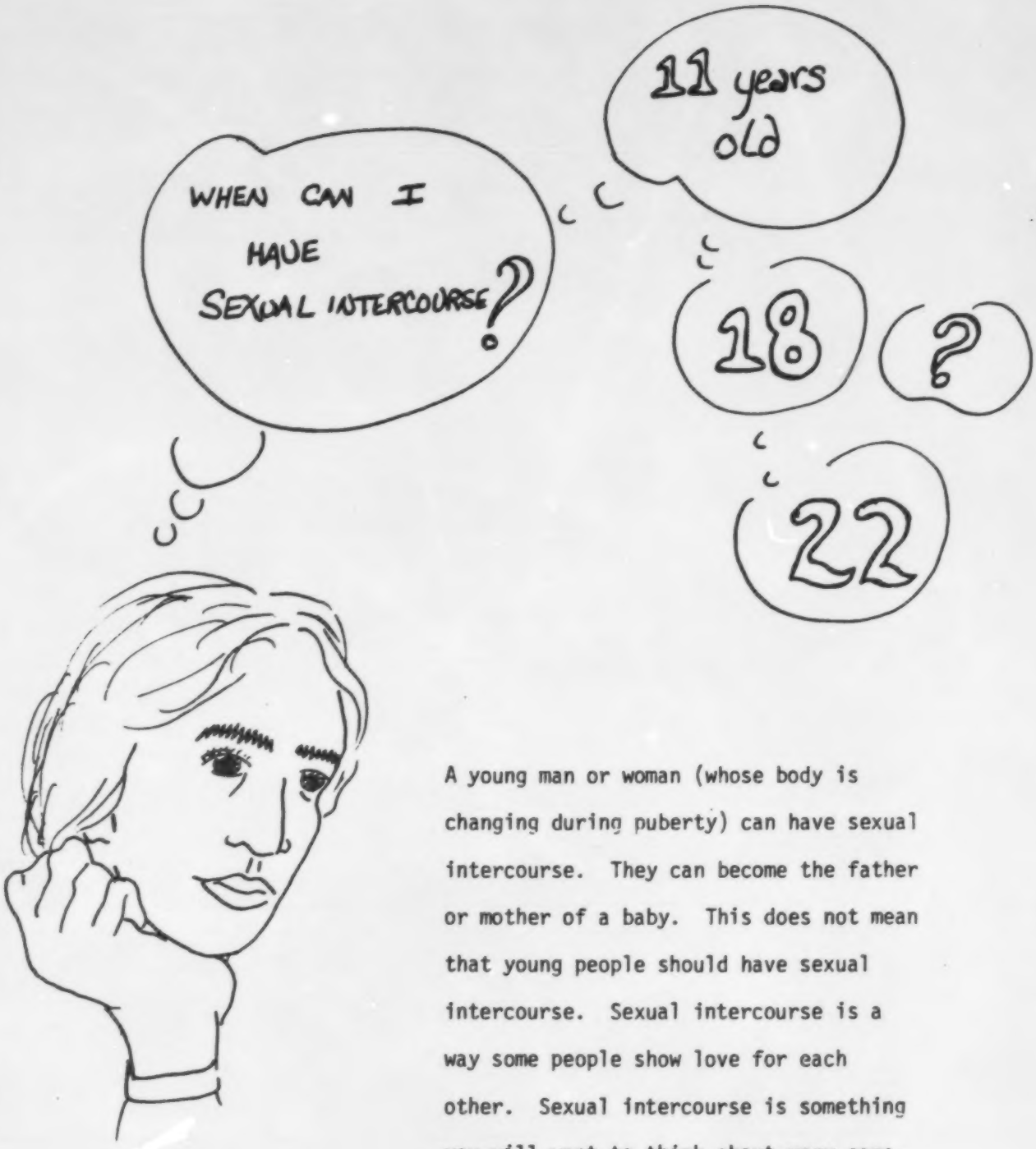
4. Some couples do not want to take any pills or put any kind of chemicals into their bodies. The rhythm method is a good method for them.
5. A man and woman who want to use the rhythm method should first talk to their doctor. The doctor can help them to understand the rhythm method.
6. The man and woman can help to prevent pregnancy with the rhythm method if they understand it and use it all of the time.

The birth control methods that we have talked about are the best ones. There are other kinds which do not work as well. Withdrawal (pulling the penis out of the vagina before ejaculation) is not a good birth control method. Douching (washing out the vagina) after sexual intercourse is also not a good way to prevent pregnancy. Women can also become pregnant if intercourse is done standing up, having intercourse for the first time, or has intercourse during her menstrual period.

People use birth control to prevent pregnancy. When they have babies they want to be sure they can give them all the love, food, clothing, and other things that they need to be happy and healthy persons. Having a baby is a very important decision. The couple must think about it very carefully.

CHAPTER VII

SEXUAL INTERCOURSE AND RESPONSIBILITIES

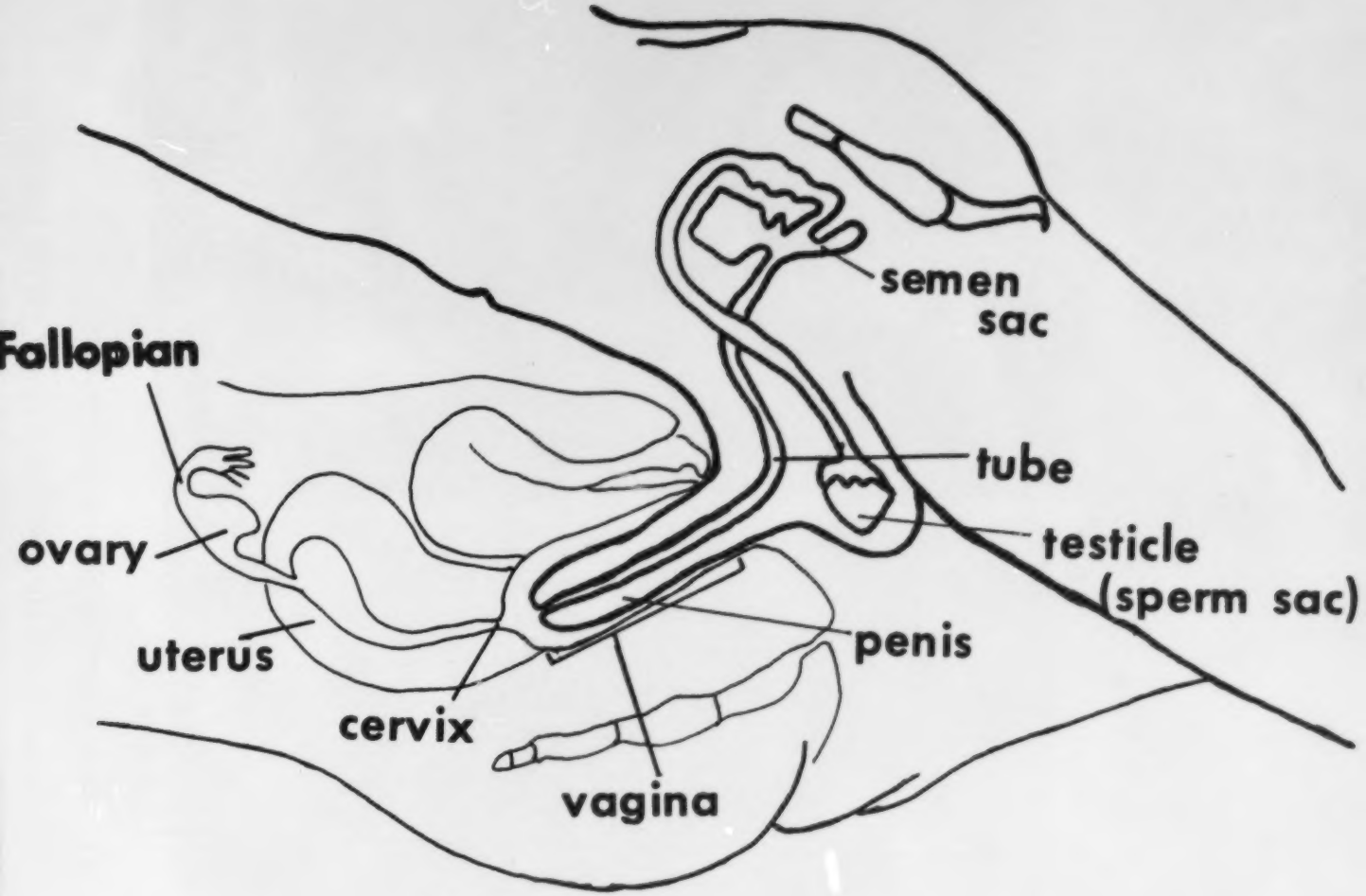


A young man or woman (whose body is changing during puberty) can have sexual intercourse. They can become the father or mother of a baby. This does not mean that young people should have sexual intercourse. Sexual intercourse is a way some people show love for each other. Sexual intercourse is something you will want to think about <u>very</u> carefully before you decide.

SEXUAL INTERCOURSE

Sexual intercourse is when a man puts his erect (hard) penis into a woman's vagina. A couple (a man and a woman) may kiss, hug, and rub each other to show love. The man might lie on the woman, or the woman might lie on the man. They can feel very close, happy, and love each other very much. Intercourse is a very nice feeling for both the man and the woman. Sometimes, sexual intercourse is called "making love." When a man has an orgasm, the testicles move up closer to the penis, and the penile muscles tighten and push out a white sticky semen and sperm. It is a time of excitement and pleasure for a man. The sperm and semen go into the woman's vagina. Then, the man's penis becomes soft. The woman feels an orgasm when her uterus, vagina, and other muscles tighten or contract quickly. Orgasm is also exciting and pleasureable for the woman.

After sexual intercourse, many people feel relaxed. There may be an egg inside the woman, and a sperm may meet the egg. This is called conception. The sperm have little tails that swim to the egg. The man and the woman have started a baby. The baby grows inside the woman's uterus (womb). The woman can become a mother, and the man can become a father. (See Chapter V, Conception, Fetal Development, and Birth) The man and the woman can prevent conception and a baby by using different birth control methods during sexual intercourse (for example: the condom and foam, the diaphragm and jelly, the "pill", the I.U.D., etc.).



Sexual Intercourse

SEXUAL RESPONSIBILITY

-Sexual intercourse can cause a woman to become pregnant. A baby may start to grow inside of her if she and the man do not use something to stop it from happening.

-Sexual intercourse is done in a private place (a bedroom, home, or other private places.)

-No one should be forced to have sexual intercourse with another person.

-It is wrong to spread (give) Venereal Disease (VD) to another person. VD is a sickness which could hurt the body, the brain, the heart, and the sex organs. It is spread by sexual intercourse and oral sex.

-Some young people have sexual intercourse before marriage (premarital sex). It is very important that adolescents (young people) understand much about sex, their bodies, a love relationship, and protecting against pregnancy and VD. They should learn more about these things before they decide to have sex.

When a young girl's body is not ready for pregnancy, several things could happen:

(1) She may have a premature birth (before nine months are finished.)

(2) She may hurt (do damage to) her body.

(3) She may die during birth (while having the baby).

(4) The fetus (baby inside the mother) may die or be born with things wrong with its body.

(5) The baby could be very thin or short or may be a slow learner in school.

Having a baby when you are very young could be hard on you in finding a job or going to school and taking care of the baby. A baby is a huge financial responsibility for the parents. Money must be paid to the doctor, the hospital, for clothes, for insurance, etc., etc. A young girl may want a baby, but she may not have the skills to be a mother or a married person. If a young pregnant girl does not see her doctor for regular checkups, she may hurt the growing baby. Smoking or using alcohol or drugs may hurt the baby, or it may be hurt by not eating healthy foods.

CHAPTER VIII

QUESTIONS ABOUT SEX

QUESTIONS AND ANSWERS----------

-----What is rape?

Rape is forced sexual intercourse between a man and a woman. Rape is when one person forces another person to have sex with him or her. Rape is against the law. People should only have sexual intercourse with someone they choose. Nobody has the right to force another person to have any kind of sex with them.

-----What should I do if I am raped?

You should tell your parents or an adult you trust and call the police. You should also go to the doctor for an examination (check up) immediately. You should not take a shower or bath. You should not be afraid or embarrassed to tell the police what happened. They will understand. Your friends and other people won't have to know unless you want them to know.

-----What is VD?

VD is venereal disease. It is a sickness like a cold or flu from germs different from the cold or flu. It does not go away. The person with VD must have medicine. A male or female can only catch VD by having sexual intercourse or close sexual contact with a person who has VD. Close sexual contact means feeling a person's sex organs. VD is caused by germs and is very dangerous. If you think you have VD you should see a doctor immediately. There are three common kinds of VD: herpes, gonorrhea and syphilis.

-----What is gonorrhea?

Gonorrhea is a kind of venereal disease (VD). It is the most common kind of VD found in teenagers (persons 13 to 19 years old). It is sometimes called the "clap." If you have it a doctor can give you medicine to cure it quickly.

Gonorrhea is a sickness which usually hurts only the sex organs. If you are a male the first thing that happens is it hurts to urinate (pee). This pain starts within two weeks after you catch the sickness. Then pus (a white fluid that smells bad) begins to come out of the penis. If a person who has gonorrhea refuses to go to the doctor, the sickness can make him sterile. Sterile means that the male cannot become a father.

If you are a female and you catch gonorrhea you may not know you have it. It does not hurt to urinate (pee) the same as it hurts a male. You will also have pus (a white fluid that smells bad) come out of the vagina, but you may not notice the pus. If a girl or woman has gonorrhea and does not go to the doctor she can also become sterile. Sterile means the female cannot become a mother and have a baby.

-----How do I know if I have VD?

The best way to know if you have VD is go to a doctor for an examination if you think you might have it.

-----What is Syphilis?

Syphilis usually begins with a sore around the sex organs, mouth, or other places. This sore will not hurt and will disappear. Sometimes there is a rash that might also disappear after a while. You might not even notice the sore or the rash; but, the germs are still inside your body. If a person who has syphilis refuses (does not go) to go to the doctor and get medicine for the disease, it can cause insanity (going crazy), heart disease, paralysis (can't move), or blindness. If syphilis is not taken care of, it can kill you.

-----Can a person have Syphilis and Gonorrhea at the same time?

Yes, but this doesn't happen most of the time.

-----If I have VD and I go to the doctor and get well, can I catch it again?

Yes. If you have gone to the doctor and take the medicine then you will get well. But if you have sex with a person who has VD then you will catch VD again.

-----How can I protect myself so that I don't catch VD?

One way to help protect yourself is to make sure that the male wears a condom (rubber, latex). This will help keep the germs out of your body. But sometimes condoms don't always work. (See chapter VI, Birth Control)

Another way to help prevent VD is to wash yourself very well after you have sex. For boys, this means to wash the penis very well and urinate (pee). For girls, this means to wash the vulva and vagina very well and urinate (pee).

The best way to protect yourself against VD is to know the person you have sex with. This means know the person very well. Make sure that the person knows that he or she doesn't have VD.

-----If I am pregnant, can I get VD?

Yes, VD can hurt the female if she is pregnant the same way it hurts a female who is not pregnant. Also, if a girl catches VD when she is pregnant, the disease can be very harmful to the baby inside her.

-----What is an abortion?

An abortion is ending (finishing) pregnancy before it becomes a grown baby inside the mother's body. The fetus (baby) is removed from the mother's uterus by a doctor. An abortion is done in a hospital or a clinic usually during the first 11-14 weeks of pregnancy.

-----What is petting?

Petting is a word that means the couple (a man and woman) explore and find out about each other's body. It usually includes kissing or touching parts of the other person's body. Petting can be enjoyable for couples who care a lot for each other. The couple (a man and woman) should decide if they want to pet or not. It is OK to pet, but it is OK not to pet if you don't want to do it.

-----What is masturbation?

Masturbation is when a male or female rubs their sex organs for pleasure. (See Chapter III, Female Reproduction; Chapter IV, Male Reproduction).

-----What is menstruation?

Menstruation is something that only happens to females (girls and women). It is a time, each month, when a small amount of blood from the woman's uterus comes out of the female's body through the vagina. Menstruation is also called a "period". (See Chapter III, Female Reproduction)

-----If I am pregnant, will I have a period?

No. A woman stops having periods (menstruating) when she is pregnant. She will start having periods again after her baby is born.

-----Does a woman have a period all her life?

No. A woman will stop menstruating (having a period) when she is about 40 to 50 years old. This is called menopause.

-----What happens if I don't have a period when I'm supposed to have it.

If you had sex you may be pregnant. You should see a doctor fast. Sometimes girls will miss a period. This is a natural thing to happen. Your body is growing up and changing. It takes some time for a girl's period to become regular (start the same day every month).

----- When will I start having a period?

Most girls start when they are between 10 and 15 years old. If you are more than 15 years old and have not started menstruating (having a period), you should not worry, but go to the doctor for a checkup.

-----When I am menstruating, should I stay out of school? Should I stay in bed?

No. You should bathe or shower as usual everyday. You should also exercise the same way as you do when you are not menstruating. You may swim, run, play basketball, or any other game you want to.

-----Why do girls have periods?

Inside the woman's body is a sex organ called the uterus. Once each month, part of the uterus fills with blood. It is waiting for the woman to get pregnant. If a woman's ovum (egg) is not fertilized, the egg and the blood from the uterus come out through the vagina. The ovum (egg) is so small you can't see it. The reason that girls have periods is so that the body can get rid of the egg and blood that it doesn't need. The body starts to make a new egg and uterus lining right away. (See Chapter III, Female Reproduction)

-----What is sexual intercourse?

Sexual intercourse is something that happens between a male and a female who care very much for each other. They may lie close together and the man's erect (stiff and hard) penis is then put into the woman's vagina. This happens when both the male and the female are sexually excited. If the excitement continues, one or both may have an orgasm. (See Chapter III, Female Reproduction; Chapter IV, Male Reproduction: Chapter VII, Sexual Intercourse and Responsibilities , ... when is it O.K. to have sexual intercourse?)

-----What is contraception?

Contraception (Birth Control, BC) is a way to prevent (stop) pregnancy until a couple is ready to have children. (See Chapter VI, Birth Control)

-----What is "the Pill"?

"The Pill" is a kind of contraception. (See Chapter VI, Birth Control)

-----What is a condom?

A condom is something that looks like a long balloon. It is a kind of contraception. It is also called a rubber or latex. A condom prevents (stops) pregnancy and Venereal Disease (VD). (See Chapter VI , Birth Control)

-----What is a rubber?

A rubber is another name for a condom. It is a kind of contraception. (See Chapter VI, Birth Control)

-----Do I have to go to the doctor to get birth control pills?

Yes. You will need a medical checkup (examination) before you can get them.

-----Do I have to go to the doctor to get condoms?

No. You may buy them at a grocery store or drug store.

-----Can I get pregnant if I am raped?

Yes. You should talk to an adult you trust if you are raped.

-----Can I catch VD if I am raped?

Yes. If the person who raped you has VD, then you can catch it.

-----What is a diaphragm?

A diaphragm is a kind of contraception. (See Chapter VI, Birth Control)

-----What is sexual fantasy?

A sexual fantasy is a sexual thought or dream. It can happen in the daytime or at night. Fantasies are dreams. They are not real. If you are bothered by your sexual fantasies you should see your counselor or an adult that you trust.

-----What is a wet dream?

Wet dreams are something that sometimes happen to young boys when they are asleep. Semen (a white sticky fluid) comes out of the penis. When the boy wakes up, he may find a wet spot on the sheets or his pajamas. A wet dream is very normal and happens to most young boys. Another name for a wet dream is "nocturnal emission."

-----How are babies made?

Babies are made inside the woman's body when a man's sperm meets and fertilizes the woman's ovum (egg). This can only happen after sexual intercourse. The fertilized egg then moves to the woman's uterus where it begins to grow into a baby. (See Chapter III, Female Reproduction)

-----What are breasts for?

A girl's breasts become larger as a girl grows up. When a woman becomes pregnant, the breasts begin to grow larger. They make milk. When the baby is born, it can suck milk from the woman's breasts. The mother can decide to feed the baby milk from a bottle instead of from her breasts. It is her decision. The breasts sometimes feel pleasureable to the woman when they are touched.

-----What is a navel?

Your navel is the place on your body where you were connected to your mother before you were born. Before you were born, you were growing inside your mother. You were connected by an umbilical cord (tube). The umbilical cord is the way your mother fed you. When you were born, you could eat. You didn't need the special tube anymore. The doctor cut it off when you were born. It did not hurt you or your mother.

-----How long does it take for a baby to grow inside the mother?

About nine months. If a baby is born before nine months, the baby is called premature.

-----What is an orgasm?

A man has an orgasm when he ejaculates. When he ejaculates, semen (a white sticky fluid) comes out of his penis. When a woman has an orgasm, the muscles in her uterus and vagina tighten quickly. After orgasm, both the man and the woman feel relaxed. Another word for orgasm is "climax." (See Chapter VII, Sexual Intercourse and Responsibilities)

-----What does "come" mean?

"Come" is a word that means orgasm. It can also mean a man's semen (the white sticky fluid) that comes out of the man's penis during ejaculation. (See Chapter IV, Male Reproduction)

-----What is a climax?

A climax is the same thing as an orgasm.

-----When can a girl become pregnant?

After a girl has her first menstrual period (menstruation). Girls start menstruating between the ages of 10 and 15.

-----What is a virgin?

It means when a girl or boy have never had sexual intercourse.

-----If I want to know more about sex, where do I go?

Ask your mother or father, school counselor or nurse, houseparent or teacher.

Many cities have places for young people to learn about sex. The best places are Planned Parenthood or a family planning clinic. Austin has a Women's Center, too. Check the phone book for the address and phone numbers. Ask a houseparent .

-----What is a homosexual?

A homosexual is a person who chooses companionship (friendship) and sexual relations with a person of the same sex. This means two women who love and care a lot about each other. Two men can share the same kind of special love and feelings for each other.

-----What is gay?

"Gay" is another word that means homosexual. Most homosexuals like to be called "gay". They say it is a nicer word than "homosexual".

-----What is a lesbian?

Lesbian is a word that means a female homosexual or gay.

-----Does one homosexual act make that person a homosexual (gay)?

No. Many boys and girls have a homosexual experience sometime in their life. This does not mean that they are a homosexual or that they will be a homosexual in the future.

List of places in Austin that can help you with information about sex.

Planned Parenthood
1823 East 7th St.
477-5846

Family Planning Clinic
Austin-Travis County Health Dept.
16001 E. 6th St.
474-1526 Extension: 54
474-6581

Vickie and Jane
4007 Avenue H
Austin 78751
454-1795

Service to Young Mothers
Child and Family Service, inc.
Kealing Learning Center
1607 Pennsylvania
478-7782

People's Community Clinic
408 W. 23rd St.
478-1746

Sex Information Service
474-5321

VD Clinic
Austin-Travis County Health Dept.
1313 Sabine St.
474-6581 Extension: 307

CONCLUSION

(Ending Thoughts)

CONCLUSION (Ending Thoughts)

We hope this book has helped you learn more about sex. If you want to know more about sex, talk to your parents, school counselor, or teacher. Doctors, family planning centers (Planned Parenthood), or clinics in your city may answer your questions, too.

Knowing your body and your sexuality can make you feel good about yourself. You can learn to accept (like or enjoy) being a girl or being a boy!!!!

GLOSSARY

GLOSSARY (SEX WORDS)

ABORTION: ending (finishing) pregnancy.

ANUS: the hole for bowel movements in males and females.

BIRTH: when a baby comes out of a mother. The baby can breathe by itself for the first time.

CERVIX: the small opening at the end of the uterus.

CLITORIS: a small female sex organ that feels good when touched. The clitoris is above the vagina on the outside of the body.

CIRCUMCISION: an easy operation. It is done for most boys, soon after birth. The doctor cuts off the foreskin at the end of the penis.

CLIMAX: see orgasm

COPULATION: sexual intercourse.

CONCEPTION: when the egg and sperm join. This is when a baby begins to grow.

CONDOM ("Rubber", "Latex"): a condom is put on the man's erect penis before sexual intercourse. It helps to prevent (stop) pregnancy and VD.

CONTRACEPTION: birth control. Contraception is something used to prevent pregnancy.

CONTRACEPTIVE FOAM: used to prevent pregnancy. It is put in the woman's vagina before sexual intercourse. The foam helps to kill sperm.

CONTRACEPTIVE JELLY: used to prevent pregnancy. The jelly is put on the diaphragm. It helps to kill sperm.

COUPLE: means two people.

DIAPHRAGM AND JELLY: used by the woman to help prevent (stop) pregnancy. The diaphragm is like a wall. It helps prevent sperm from going into the uterus. The jelly helps to kill sperm.

DOUCHING: means washing out the vagina with a liquid.

EGG (Ovum): made in the woman's ovaries. When an egg joins with a sperm from the man, a baby can begin to grow. The egg is very small.

EJACULATION: when the sperm and semen go out of the penis quickly.

ERECT (Erection): means hard. When a man's penis is erect, it becomes hard and gets larger.

FALLOPIAN TUBES: the tubes between the ovaries and the uterus in the woman. The eggs go through the Fallopian tubes to the uterus.

FANTASY: a dream or idea that may include sexual thoughts and feelings.

FEMALE: means girl or woman.

FEMALE SEX ORGANS: some female sex organs are the vagina, Fallopian tubes, ovaries, clitoris, vulva, labia and uterus.

FEMININE: female behavior.

FERTILIZATION: means conception. This is when the egg and the sperm join to start a baby.

FETUS: the baby inside the mother's body before it is born.

FLACCID: means soft.

FORESKIN: means the skin that is around the end of the penis. The foreskin may be cut off when a baby boy is born.

FRENCH KISSING: touching tongues when kissing.

"GAY": means a homosexual person.

GENITALS: the male and female sex organs.

GONORRHEA ("The Clap"): one kind of veneral disease (VD). Gonorrhea is a germ that grows inside the sex organs.

GYNECOLOGIST: doctor for women.

HOMOSEXUAL ("Gay"): a male homosexual is a man who has sexual feelings for another man. A female homosexual is a woman who has sexual feelings for another woman.

HYSTERECTOMY: operation for women. The doctor removes (cuts out) the uterus. Then the woman can <u>not</u> have babies.

INFERTILE: non able to conceive or bear children.

I.U.D. (Intra-Uterine Device): a small piece of plastic that is put in the woman's uterus. It helps prevent pregnancy.

LABIA: the outer and inner lips on a woman's vulva.

LABOR: when the uterus muscles begin to push the baby out of the mother's body.

LESBIAN: homosexual or gay woman.

MALE SEX ORGANS: the penis, testes (testicles), prostate gland, seminal vesicles, vas deferens and scrotum.

MASCULINE: means characteristics of males.

MASTURBATION: when a man rubs his penis until he ejaculates, or a woman rubs her clitoris, inside the vagina, the labia and vulva or breasts until she has an orgasm.

MENSTRUATION ("period"): something that happens only to girls and women. It is a time each month when a little bit of blood comes out of the female's vagina.

MISCARRIAGE: when a fetus (a baby inside the mother) is born before it is ready. The fetus is born dead.

NIPPLE: the tip or end of the breast.

OBSTETRICIAN: a doctor who treats and cares for a woman during her pregnancy.

ORGASM ("climax"): is one of the most enjoyable sexual feelings in a man or woman. The male has an ejaculation. The woman's vaginal muscles tighten quickly.

OVARY: a female sex organ. It makes eggs.

OVULATION: when one egg comes out of one ovary. This usually happens one time every month.

PETTING ("necking"): kissing, hugging, French kissing, touching erogenous parts of the body, i.e., the thighs, breasts, ears, penis, vulva etc.

PENIS: one of the male sex organs. The penis is for sexual intercourse and for urination (pee).

PREGNANT: when a woman has a baby inside her uterus.

"PILL" (birth control pill): a kind of contraception to help prevent pregnancy.

PREMARITAL SEX: when a woman and a man have sexual intercourse before they become married.

PREMATURE BIRTH: when a baby is born before it is fully grown.

PUBIC HAIR: the hair that grows around a man's penis or on a woman's labia majora.

RAPE: forced sexual intercourse.

RHYTHM METHOD: a way to prevent pregnancy. The man and the woman do not have sexual intercourse on the days when the woman is ovulating.

QUEER: not a polite word for a homosexual or gay person.

SANITARY PADS (Kotex): a soft cotton pad that females use to catch blood during a menstrual period.

SCROTUM: the sac under the penis. The two testes are inside the scrotum.

SEMEN: the liquid that comes out of the penis when a boy or a man becomes sexually excited. Semen has millions of sperm in it.

SEX: means male or female.

SEXUAL INTERCOURSE: when the male's penis goes into the female's vagina.

SPERM: make in the testes of the male. When the sperm join with the egg in the female, a baby can begin to grow.

SYPHILIS: one kind of venereal disease (VD). Syphilis can make sores on many places on the body (hands, feet, or sex organs).

TUBAL LIGATION: an operation for the woman. It makes the woman sterile. Sterile means that she cannot become a mother.

UMBILICAL CORD: the tube between the unborn baby and the mother. The baby gets air and food through this tube.

URETHRA: the tube in a male or female where urine (pee) comes out of the body.

URINE ("Pee"): is the yellow liquid that comes out of the body when you go to the bathroom.

UROLOGIST: a doctor who cares for urinary diseases and infections.

UTERUS ("Womb"): is where the baby grows inside the mother.

VAGINA: a female sex organ where blood passes, where a penis inserts, where semen is left, and where a baby is born.

VAS DEFERENS: a tube that carries sperm between the testicles and the penis in the male.

VASECTOMY: an operation on a man. It makes him sterile. Sterile means that the man cannot become a father.

VD: means venereal disease. It is a sickness inside and on the sex organs. Herpes, syphilis and gonorrhea are kinds of VD. Venereal disease is usually caused by sexual intercourse. or oral sex.

VIRGIN: a person who has never had sexual intercourse.

VULVA (mons): the outside part of the female sex organs.

WET DREAM: when semen comes out of a penis when a boy or man sleeps.

WOMB: means uterus (where a baby grows before it is born).

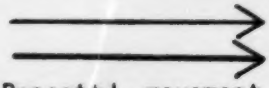
SIGNED SEX WORDS

The following explanation should help the reader in understanding these sex signs.

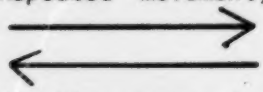
Arrows indicate movement.

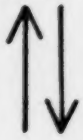
1. Single movement.

2. Double movement, twice forward.



3. Repeated movement, back and forth or up and down.

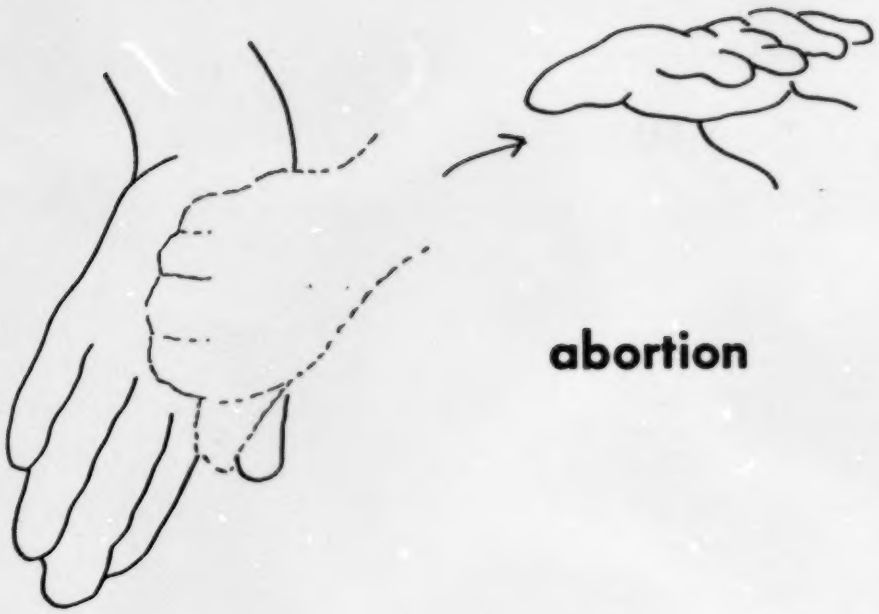




4. Wiggling movement

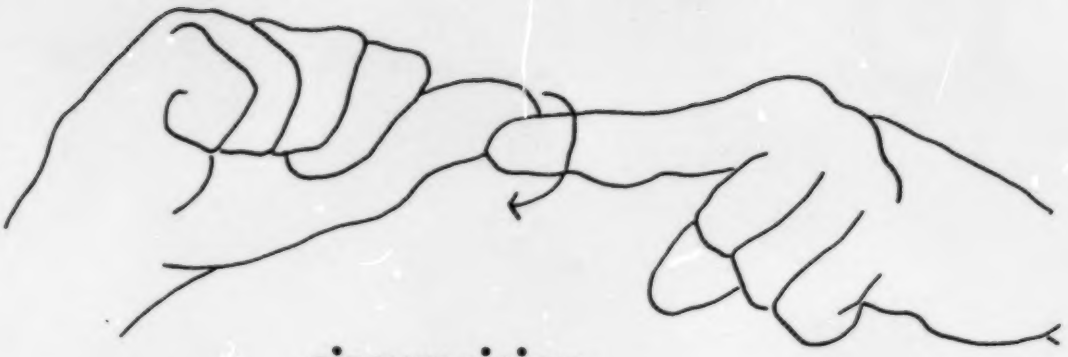
5. Circular movement

Dotted lines show the starting point of a sign. The solid lines show the final position of the sign.

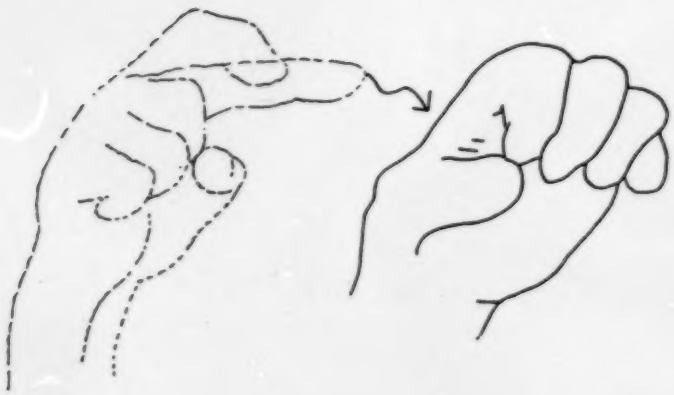


abortion

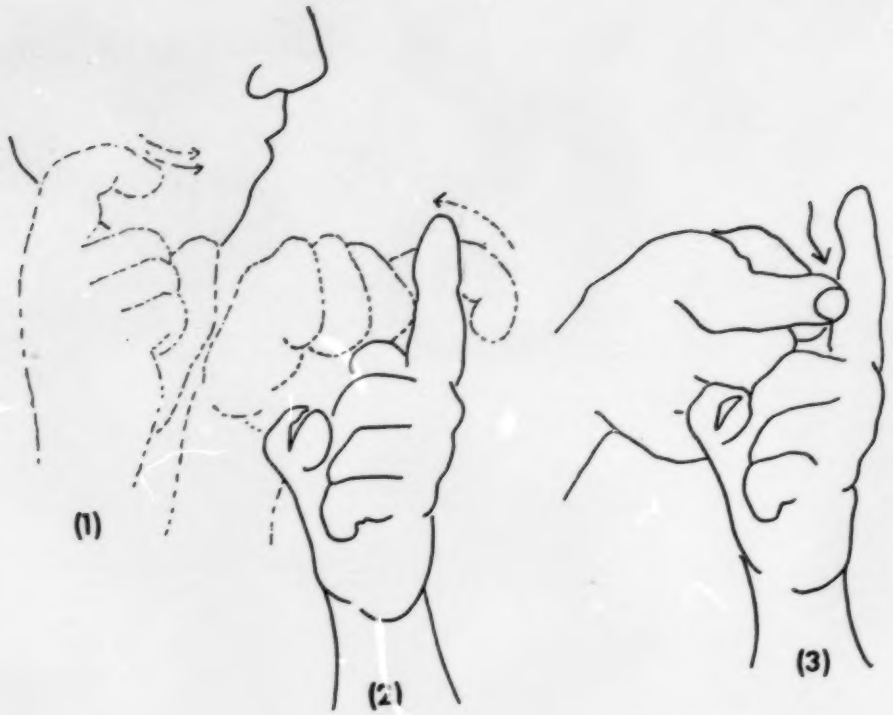
breasts



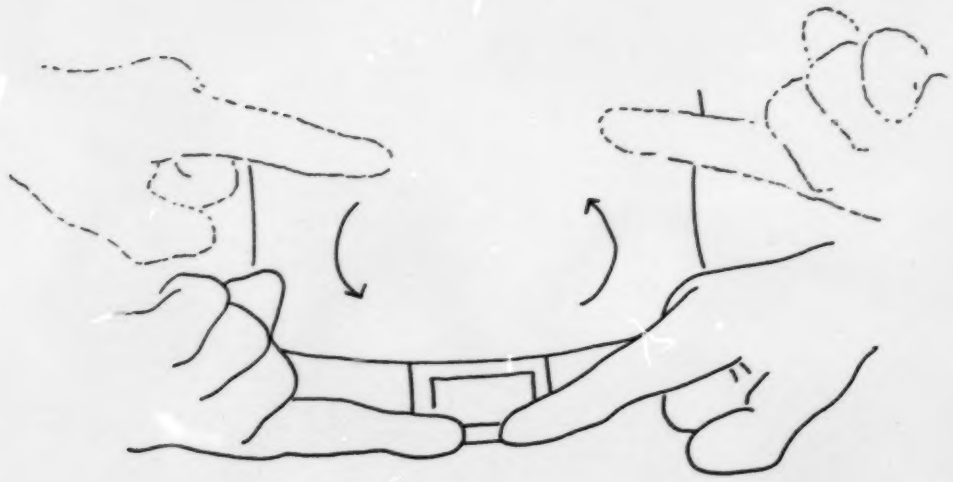
circumcision



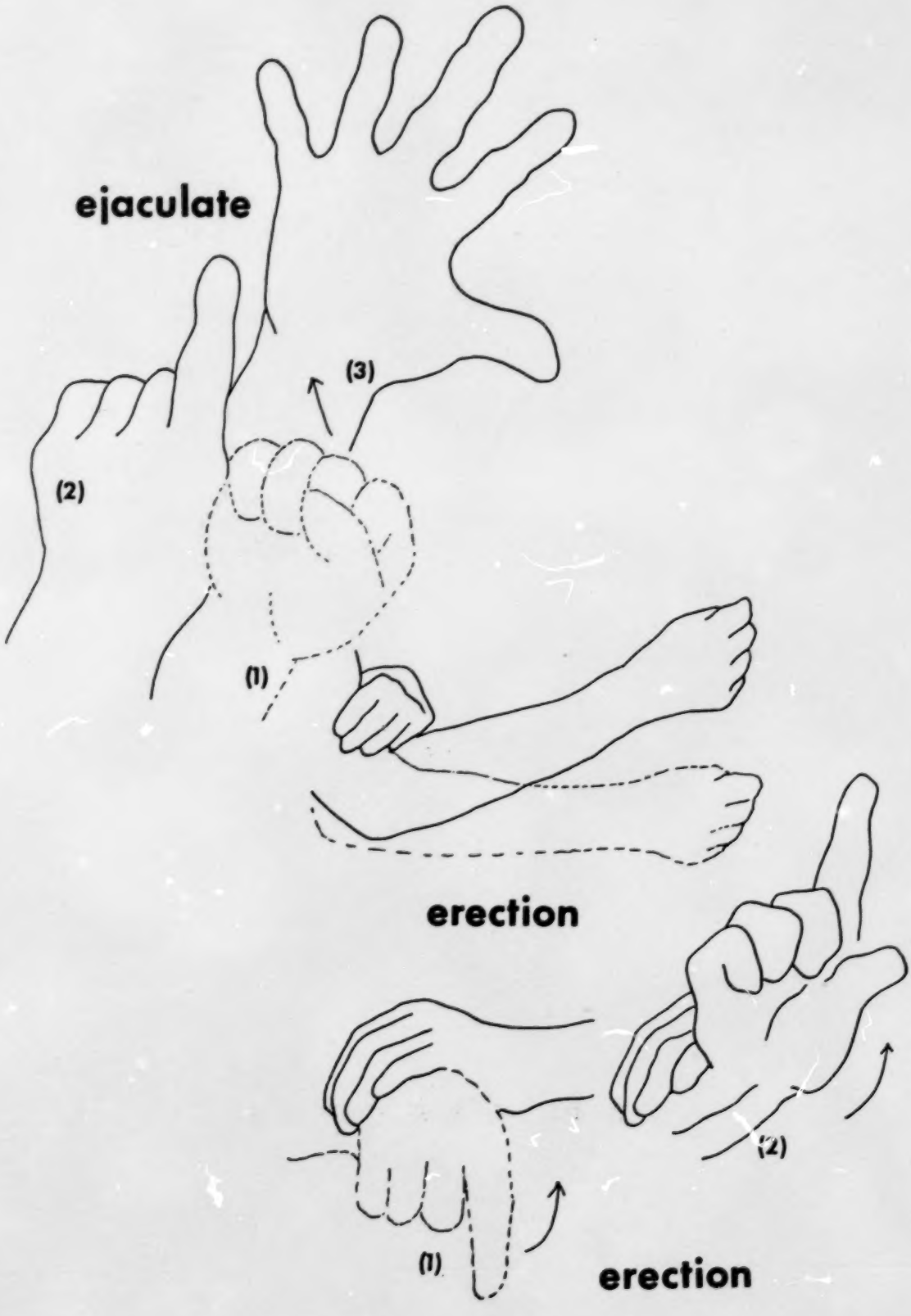
conception

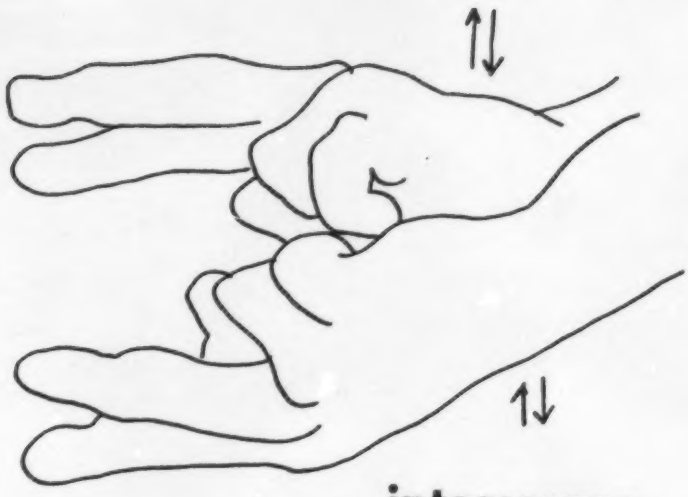


condom (rubber)



cramps


ejaculate
(3)
(2)
(1)
erection
(2)
(1)
erection



intercourse

masturbation (female)

masturbation (male)

menstruation

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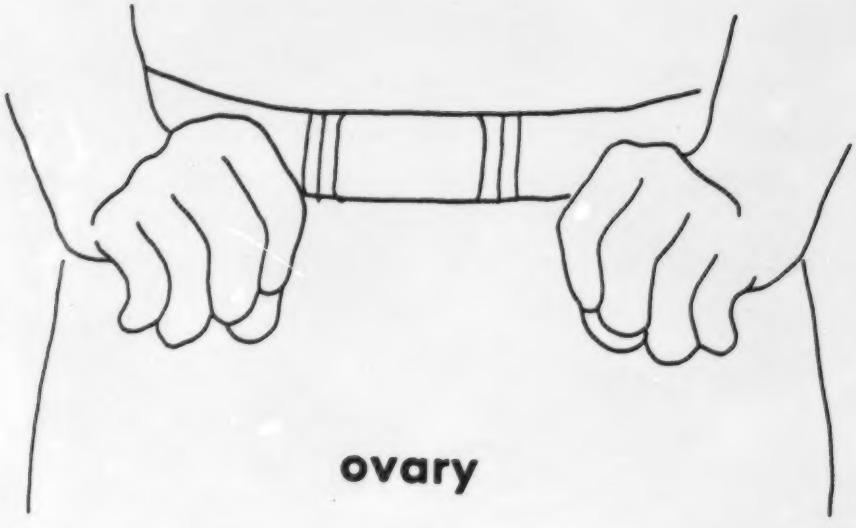

ovary

penis

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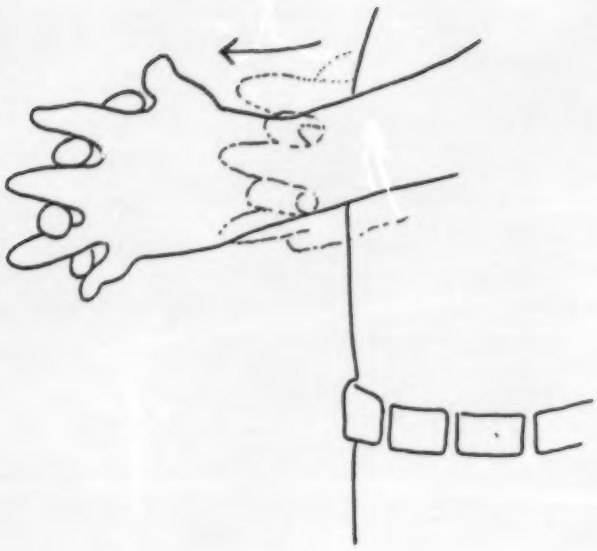
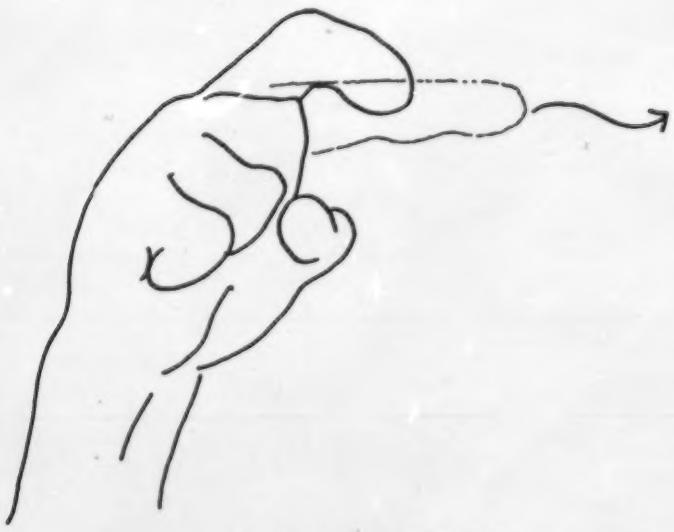


pregnant



sperm

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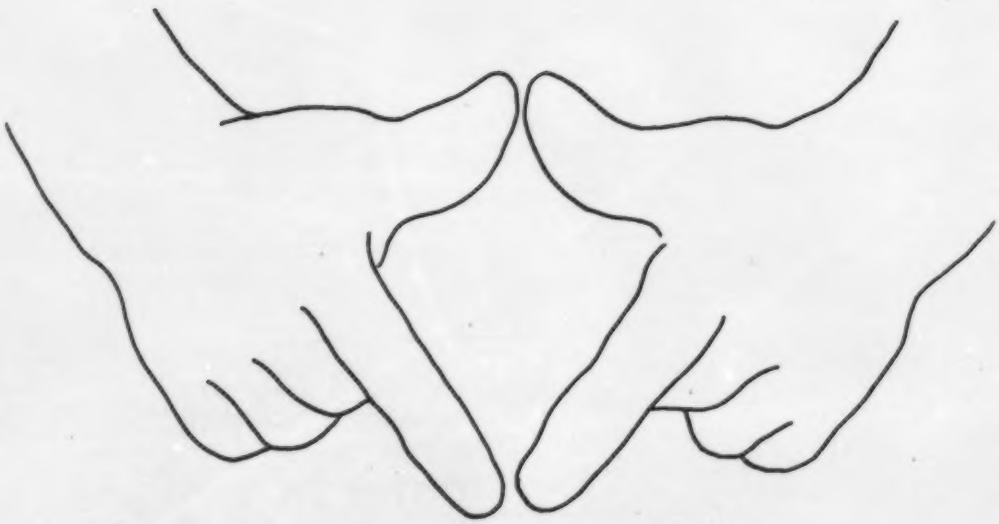
testicles (balls)



vagina

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